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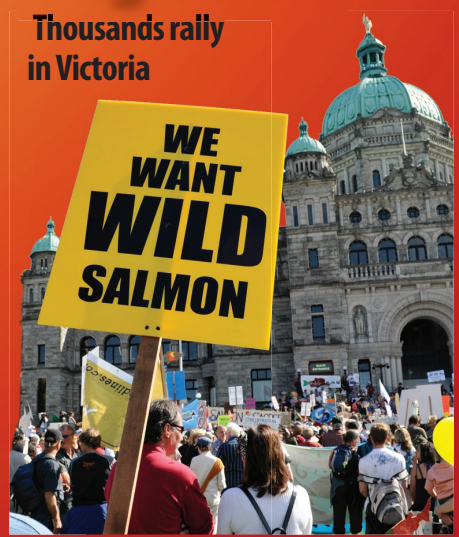

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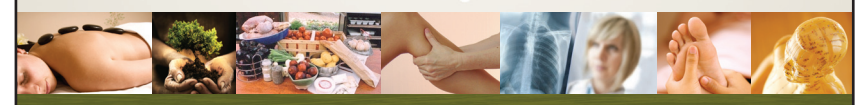

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Nutracleanse is sold in 1kg bags at health food stores, produce/deli markets, bodybuilding supplement stores, and pharmacies.
A daily serving costs about 75-85 cents. Please check our website and click RETAILERS for a store near you!

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- Optimum regularity
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- Increased energy and vitality
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[daily]
This all-natural product makes up for the lack of fibre in your diet and may help prevent colon Cancer

NUTRACLEANSE IS A WEIGHT-LOSS AID TOO!

1. A half hour before each meal, drink a glass of water (1/3 litre).
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NUTRACLEANSE

NutraCleanse is an all-natural product designed to address the serious problem of lack of fibre in the North American diet.

NutraCleanse is based on a 150 year-old Finnish recipe and is designed to promote daily regularity and optimum colon health. Our product generally relieves constipation within 24 hours and the problem does not recur with continued use. The all-natural ingredients of NutraCleanse offer numerous additional health benefits including lower cholesterol and blood pressure, rebuilding of skin cells and cartilage, loss of excess body weight, and increased energy and vitality.

Optimally, it is healthiest to have two to three bowel movements daily. Failure to eliminate waste from the body on a daily basis causes a host of problems. It slows down the rate at which wastes move through the colon, leading to toxins being absorbed into the body. This "auto-intoxication" can, over a period of time, cause auto-immune disorders as well as problems such as obesity, gas, bloating, diverticulosis, headaches, depression, even colon cancer.

For optimum colon health, a lifelong daily intake of **25-30 grams** (about an ounce) of fibre is required. The average diet provides under half of this required amount. One serving of NutraCleanse a day provides approximately **60 percent** of this daily recommended intake making it an excellent dietary fibre cleansing supplement.

A Tasty Solution!

NUTRACLEANSE is a delicious, all-natural blend of ground organic flax seed, psyllium and three cleansing herbs designed to promote optimum regularity and colon health. It is easy to use too... just add 1/3 cup (30 grams) to almost any hot cereal or make a NutraCleanse Smoothie. (see recipes) NutraCleanse is also high in protein and Omega 3 fatty acids which are essential for optimum health. **Flax is the highest in Omega-3 of any food.** NutraCleanse therefore provides the body with high-quality nutrients as well as cleansing fibre and lubrication to the colon.

RECIPE #1
On the run?

Just add 1/3 cup or three heaped tablespoons of NutraCleanse to 2/3 cup milk or juice and stir. Enjoy! (Mixture will naturally thicken after 1 minute.)

For these and other tasty NutraCleanse recipes visit our website at www.nutracleanse.biz

NUTRITIONAL INFORMATION

30 g serving = 1/3 cup	
Calories	90
Dietary Fibre	18 g
Fat (Contains the essential fatty acids OMEGA 3+6)	8 g
Protein	8 g
Carbohydrates	0 g

NutraCleanse...
The Optimum Solution.

INGREDIENTS

NutraCleanse contains the following all-natural organic ingredients:

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Ground Psyllium Husks
Dandelion Root Powder
Burdock Root Powder
Fenugreek Seed Powder

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Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Advertising Sales - Joanne Fleming, Adam Sealey
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Contributors:
Robert Alstead, Steve Anderson, Steven Beck, Alan Cassels, Guy Dauncey, Adrien Dilon, Carolyn Herriot, Vesanto Melina, Faisal Moola, Geoff Olson, Gwen Randall-Young, Joseph Roberts, Lucy Sharratt, David Suzuki, Eckhart Tolle

Sales - Head office 604-733-2215
toll-free 1-800-365-8897

Contact Common Ground:
Phone: **604-733-2215**
Fax: 604-733-4415
Advertising: joanne@commonground.ca
adam@commonground.ca
Editorial: editor@commonground.ca

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Demonstration photo: John Prentice

FEATURES

People power is rising 4
Joseph Roberts

Get ready for the great pharmacy war 8
Alan Cassels

June is Bike Month 18
Steven Beck

Haiti before and after the quake 26
Geoff Olson

The GMO pig code name Enviropig 28
Lucy Sharratt

IN EVERY ISSUE

CULTURE

Al-Jazeera in Canada 30
INDEPENDENT MEDIA Steve Anderson

Birth and rebirth 31
FILMS WORTH WATCHING Robert Alstead

ENVIRONMENT

Summer in the city 16
EARTHFUTURE Guy Dauncey

Oil disaster a costly lesson 17
SCIENCE MATTERS David Suzuki with Faisal Moola

HEALTH

Water: life's foundation 7
NUTRISPEAK Vesanto Melina

ORGANICS

Foods that heal 10
ON THE GARDEN PATH Carolyn Herriot

SPIRITUALITY

Identification with the body 12
A NEW EARTH Eckhart Tolle

Be true to yourself 13
UNIVERSE WITHIN Gwen Randall-Young

RESOURCE DIRECTORY 19
CARTOON Geoff Olson 30
DATEBOOK 32
CLASSIFIED 33
ON TRACK ZODIAC Adrien Dilon 34

People power is rising

WRITING ON THE WALL *Joseph Roberts*

June, with the most daylight hours of any month, is calling us to action.

The time has come to stand up for our community, environment, democracy, our planet and ourselves. June, like the song *Rise Up* by Parachute Club, quoted in this article, captures the essence that now, people's time has come.

We want power
We want to make it ok
Want to be singin' at the end of the day
Children to breathe a new life
We want freedom to love who we please

In 1984, *Rise Up* won the Juno Award for Single of the Year. George Orwell who imagined a different 1984 said, "Speaking the Truth in times of universal deceit is a revolutionary act".

Talkin' 'bout the right time to be workin' for peace
Wantin' all the tension in the world to ease
This tightrope's gotta learn how to bend
We're makin' new plans
Gonna start it again

A huge empowerment is happening. People are no longer pacified by the mass media colluding with government, banks, Wall Street, nor do we still believe in the official story line with its corruption, out-right lies and broken promises. We want accountability, and we want it now.

photo: John Prentice

That is why thousands walked on Vancouver Island with Alexandra Morton to protect the wild salmon migration routes from open-net fish farms. At the event's culmination on the steps of the BC Legislature, Vicki Husband, Order of Canada recipient, one of Canada's most well known and respected envi- *cont'd page 14...*

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- Increases overall energy and inhibits the formation and buildup of fat

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Water: life's foundation

NUTRISPEAK Vesanto Melina MS, RD

WATER IS the essence of our body's circulatory system and that of the planet's. In our bodies, a loss of 10 percent of our fluids can be fatal. However, with an increase of 83 million people on the planet every year, water demand will continue to escalate unless we change our use of this precious substance. It is expected that in 15 years, 1.8 billion people will live in regions of severe water scarcity.

Today in coastal BC, a shortage of water seems unlikely. Our tap water tastes good and it is abundant and safe to drink. Unless you enjoy throwing money away, you need not buy bottled water. Whereas, the average adult drinks just 1.5 litres of water per day (including tea, juice and coffee), in BC we each use 490 litres per day, excluding the water used by industry and agriculture. Toilet flushing and bathing each account for 30 percent of our home use. BC residents use much more than the Canadian average (330 litres) and more than many other developed countries. In underground aquifers in Abbotsford and Langley, water levels are already dropping.

What can you do?

Take an interest in food security: Motivated by an appreciation for locally grown food, food security groups are forming throughout BC. Local government and citizens work together to support agriculture. It's not easy, though. When a $40,000 acre of BC farmland can be worth a million dollars if zoning is changed to allow development, politicians are under pressure to look the other way and make the easy, short-term decision. To see how hot the issue has become, search "food security bc" on the Internet. Harold Steves of Richmond has campaigned for decades to save local farmland and he sees that we must begin acting like we may have to grow all our own food in the not too distant future, instead of relying on produce from California and Chile.

FarmFolk/CityFolk Society: Executive director Heather Pritchard supports local and organic farming and helps young people get into farming. www.ffcf.bc.ca

Support positive government initiatives: By 2020, the BC government plans to increase the province's water efficiency by 33 percent (http://www.livingwatersmart.ca/book/ page 54). A BC government plan to meter and manage the province's dwindling water supply has started up in the Okanagan and is coming to the Fraser Valley. "Metro Vancouver 2040: Shaping Our Future" is a draft that is being considered for adoption by municipalities in the Lower Mainland; it includes protection of agricultural land. http://www.metrovancouver.org/planning/development/strategy/Pages/default.aspx

Join the Council of Canadians: This inspiring and resourceful group urges governments and corporations to consider the long-term consequences for humans and the environment in matters of water, resources and more. www.canadians.org and www.wateronthetable.com

Choose a diet that is increasingly plant-based: Two-thirds of North America's water is used to grow food; a plant-based diet uses significantly less water. Animal agriculture demands tremendous amounts of fresh water for animal feed. While requirements vary with location and irrigation, on average, it takes about 100 times more water to produce a pound of beef than a pound of wheat. A vegan's supply of food requires less water for one year than a meat eater's does for one month.

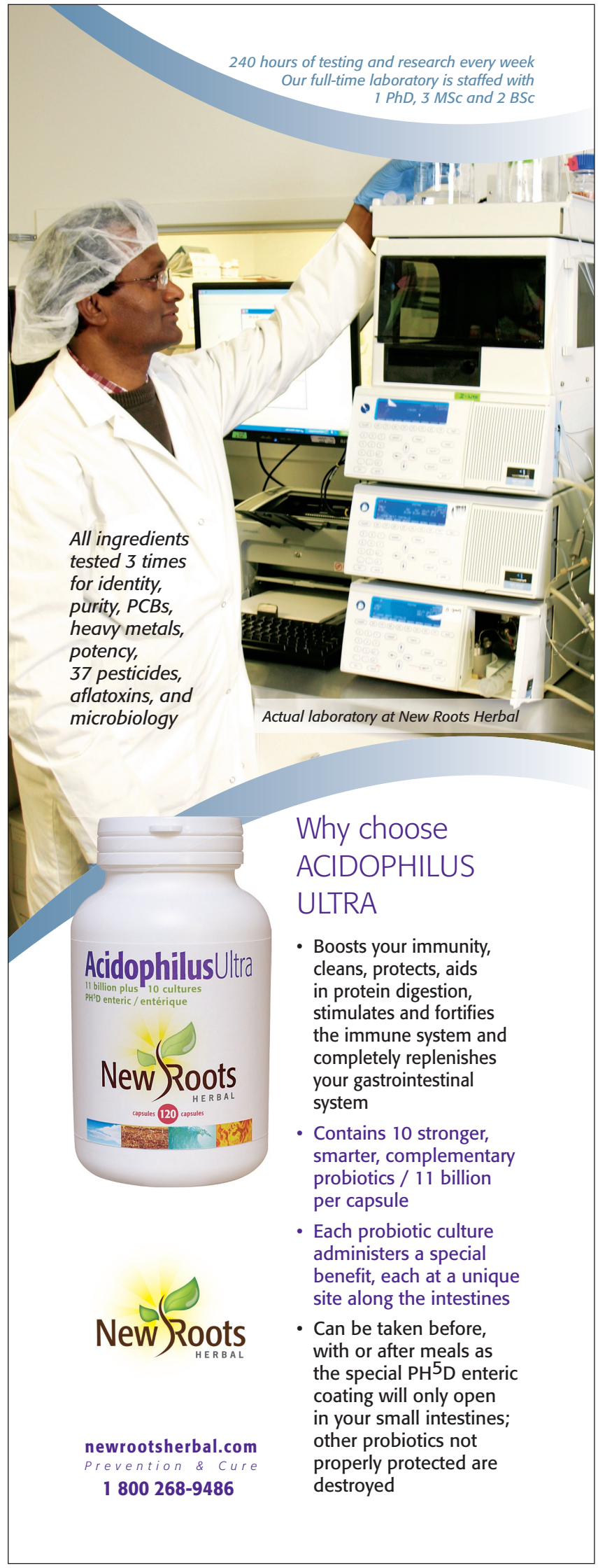
A plant-based diet helps prevents water pollution. Agriculture is the biggest polluter of North America's water systems, exceeding the damage from sewage treatment plants, urban storm sewers and pollution from contaminants in air. Factory farms and their manure production (too much to return to distant farmland) lack sewage systems or treatment plants; they poisons rivers, taint the water with hormones and breed dangerous pathogens.

Your dietary choices can help protect against desertification; overgrazing is the world's leading cause of desertification and it takes nature about 3,000 years to produce the six inches of topsoil needed for a crop, yet intensive farming causes us to lose farmable soil. When land is overgrazed, soil is compacted, losing its ability to absorb water. When heavy rains fall, the topsoil is carried away.

Vesanto Melina is a dietitian and author. Call 604-882-6782, www.nutrispeak.com

Resources

1. *Flow*: www.flowthefilm.com
2. *Becoming Vegetarian* by Vesanto Melina and Brenda Davis
3. *National Geographic*, April 2010. Water: our Thirsty World
4. www.livingwatersmart.ca
5. www.canadians.org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Get ready for the great pharmacy war

Lessons from Greece and Ontario

DRUG BUST *Alan Cassels*

HEALTH

IF YOU'VE been paying attention to the news, you'll have some inkling that Greece is in big trouble. Saddled with an enormous public debt, an economy in the tank and a culture attuned to institutionalized tax evasion, poor little Greece is getting the screws put to it by the world's bankers, forcing it to embark on making major changes to how it runs and funds its public services.

Leaders of European Union countries, urged on by the US, have been trying to prevent a Greek tragedy of mammoth proportions, namely the scenario where Greece slides into bankruptcy and takes most of the EU, and for that matter, the world, with it.

As a bystander to this unfolding Greek drama, I find myself wondering which lessons the rest of the planet might take away from watching Greece face imminent bankruptcy and take desperate measures to rescue itself. The drastic cuts to public expenditures, clawbacks on pensions, cuts to wages and forcing citizens to pay their taxes – which, currently, only about 50 percent of Greeks do – are massively unpopular and have led to near insurrections and violent civil disorder in Athens.

In terms of healthcare, the Greek government announced last month it was slashing the amount it would subsequently pay for more than 1,500 medicines. What will the drug companies do – stop selling drugs to Greece? I doubt it; they'll just have to sell their drugs on terms that are favourable to the buyers.

With the introduction of competitive drug pricing and cuts averaging 30 percent, Greek pharmaceutical companies will take a major hit to their profitability, but the savings on medications will be a huge boon to the citizens of Greece who have seen their collective drug spending grow by more than 60 percent between 2005 and 2009. These new cuts will reduce that growth to about 1.5 percent per year.

Closer to home, in Canada's biggest province, we are witnessing the troops massing as the provincial government in Ontario's takes on retail pharmacy in an attempt to reduce the amount government and private payers will pay for generic drugs. Seeking lower prices, as is being done in Greece and Ontario, is all about trying to get better value for dollar for healthcare spending, which we expect all governments to do. And the target this time is not the drug companies, *per se*, but retail pharmacy.

Not only are there high profits from selling drugs in Canada, but basic generic drugs, which are often of much greater value compared to their branded counterparts, are also more costly in Canada than in other parts of the world. Ontario pays between 25 to 75 percent more for generic drugs than many other countries, including the US and the UK.

In fact, most people won't know that Canadian patients and drug plans pay some of the highest prices in the world for off-brand drugs. An average month's worth of a generic drug in Canada sells for about $50, yet Walmart in the US can sell the same drug – often from the same manufacturer – for $4 and still make a profit. If that's the case, why are Canadians paying more than 10 times than they should?

That's a good question, but, in my opinion, the easy analysis rests on the fact that a lot of money can be saved when the buyer starts questioning the value they are getting. Do you pay full cost for brand name drugs when generics are available for 30 to 50 percent less? Of course not. Do you allow drug companies to bribe pharmacies to carry their products? Maybe not.

At least, that's the answer from the Ontario government, which is recognizing that "generic drug rebates" – a fancy name for bribes – by generic drug companies to pharmacies are very costly; the practice costs Ontario taxpayers about $750 million per year.

What are "rebates," you ask?

Well, in the good old days, if you were a generic manufacturer, the way you got the pharmacy to stock your product – as opposed to the product of the five other generic companies hovering nearby – was to make it more attractive than the next guy's. A friend who works in generic sales told me how things go down:

"You go in and tell the manager that if he shifted to your generic version of heartburn medication, you would give him some loyalty rewards you've got in the trunk of your car. Maybe a new tele-

vision set or a video camera or VCR to sweeten the deal? Basically, our job [as salespeople] was to encourage the pharmacy owners to use our product. Did we use expensive gifts to get the pharmacy to stock our drug? Of course we did. We did this all the time and it was, in fact, *the* way we did business."

Because hauling around gifts for pharmacy owners became too much of a hassle, the "rebate" system soon replaced it. Here, instead of selling a generic bottle of pills to the pharmacy for $100, which, for example, was what the payer would pay, you sell one bottle for $100 and then give the pharmacy four additional bottles at no cost. Sort of a "buy one, get four free" type of deal. Since the pharmacy pays for only 100 out of 500 pills, the pharmacy makes some serious coin.

An average month's worth of a generic drug in Canada sells for about $50, yet Walmart in the US can sell the same drug – often from the same manufacturer – for $4 and still make a profit.

Even if the generic company is making a sacrifice by giving bottles of pills away at no cost, it could still be making a healthy profit. Savvy pharmacy owners have become very skilled at extracting the best kind of rebate from the generic drug maker that they can. Some sources tell me that rebates – or kickbacks as you might call them – can be as high as 90 percent, even higher if you are a bigger pharmacy with serious buying power. Which is to say the $100 per month you might pay for that generic heartburn pill may have cost the pharmacy owner $10. Not bad work if you can get it.

A clever pharmacy manager will work one generic manufacturer against another to try and get the best "rebate" possible. The bigger the pharmacy, the more likely it will get a better deal. Right now, the biggest drug store chains, like Shoppers Drug Mart – with about a third of Canada's pharmacy business – can bully generic companies with impunity. Who is going to risk losing their business? This is called being competitive and considered an honest virtue in the world of business.

Generic drug company "rebates," which often go under the name "professional allowances," constitute the kind of legal bribery the government in Ontario is trying to stop.

Since truth is the first casualty in any kind of war, you can imagine the threat to profits by the pharmaceutical retailers is being dressed up as a national scandal, an affront to the dignity of the pharmacy profession, as well as a threat to patient health, with seniors dying in the streets, unable to get their prescriptions filled.

Yeah, right.

By the way, haven't you noticed that whenever any industry, company or profession related to healthcare has its profitability threatened by government action, the tired old "threat to patient safety" meme gets repeated *ad nauseam,* in an attempt to extract some sympathy from the masses? We Canadians shouldn't be fooled.

Retail pharmacy in Canada is one of the most lucrative businesses going and if you don't believe me, ask yourself why you continue to see – in almost every city – a pharmacy being built on every corner. Since 2006, 140 new pharmacies have been built in Ontario alone. In 2009, Ontario paid $750 million for rebates and these rebates are widely considered to be the main reason generic drug costs are rising so fast in Canada.

Ontario hopes that going to war with retail pharmacy will save millions through lower costs for generic drugs, yet the real fear in the industry is whether this noxious government strategy will soon spread to the rest of the country. If you are going to war, you start looking for allies. Last month, the Ontario Minister of Health sent a letter to other Canadian health ministers asking them to coordinate around similar cost-saving schemes. This kind of thing needs to be supported and applauded.

Let's be clear; pharmacists are highly valued and key members of the healthcare team. They do a fantastic job of informing consumers about how to use drugs appropriately. Most pharmacists are honest, upstanding citizens, keen to make a positive difference in people's health. But retail pharmacy is a business and an increasingly lucrative one. Governments know this and a sincere government that wants to build a sustainable healthcare system will strive to get the best value for its money out of its drug budget.

Speaking of value for money, on May 20, the world's biggest selling drug, Lipitor, (atorvastatin) which is used to lower cholesterol, became generically available in Canada.

The Ontario government will likely pay 50 percent of the brand price for atorvastatin. Quebec will follow. With over $1.4 billion in annual sales in Canada, the generic version of this drug could save Canadians more than $700 million. That's a serious amount of savings with no loss of any health benefit. Will other provinces get in on the deal? That depends on how much they want to save for their constituents, but one thing is fairly obvious; a lot of money can be saved for consum- *continued p.25…*

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Foods that heal

ON THE GARDEN PATH Carolyn Herriot

Once our personal connection to what is wrong becomes clear, we have to choose. We can go on as before, recognizing our dishonesty and living with it the best we can, or we can begin the effort to change the way we think and live.
– Wendell Berry

SCIENTISTS ONCE believed that it was the vitamin, mineral, fibre and enzymes of plant foods that prevented malnutrition and disease. However, for many years now, researchers have recognized that diets high in fruits, vegetables, herbs, grains, seeds, nuts and legumes prevent diseases such as heart disease, diabetes, cancer and high blood pressure.

In the 1990s, it was discovered that plants manufacture elements as a defence against attack from harsh sunlight, oxidation, viruses and bacteria, insects and disease and background radiation. These elements, known as phytonutrients, are neither vitamin nor mineral, but are part of the plant's defence system as the plant ripens and sets seed.

Phytonutrients are now known to protect many immune functions in the body – blood, skin and organs – from the daily onslaught of toxic chemicals and carcinogenic compounds prevalent in our modern world. Researchers estimate there are between 30,000 to 50,000 phytonutrients, although only 1,000 have been isolated to date; of these, a mere 100 have been analyzed and tested. In the future, plant disease prevention will be at the forefront of nutritional research worldwide.

ORGANICS

Important sources of phytonutrients

- Garlic, onions, scallions, shallots and chives (potent sulphur compounds)
- Extracts of bilberry, ginkgo biloba, milk thistle, grape seed and skin
- Siberian ginseng
- Green tea
- Flax seeds, hemp seeds, evening primrose oil
- Broccoli, Swiss chard, spinach
- Dandelions
- Globe artichokes
- Extra-virgin, cold-pressed olive oil and borage oil
- Peppers, red beets
- Apples, grapes and fresh melons
- Strawberries and blueberries
- Pink grapefruit, lemons, oranges, tangerines, limes (pulp and rind)
- Sea vegetables (dulse, wakame, kombu, nori)
- Fermented soy beans

Until the last few decades, grains were eaten whole and regarded as "the staff of life." When wheat germ and bran are discarded during processing, only a fraction of the original health value remains. (Whole-wheat flour contains 96 percent more vitamin E than white flour.)

Omega-3 fatty acids

Essential fatty acids are important for everyone, but they are especially important for normal brain development in children. Much of the grey matter of the brain is made up of fat, specifically omega-3 fatty acid docosahexaenoic acid. DHA plays an important role in the composition of the myelin sheath, the protec-

tive wrapping around the nerve cells that signal chemical messages in the brain.

Soil degradation, industrial food production, poor dietary habits, processed food and pesticide residues on food result in diets being deficient in the essential nutrients needed for good health.

As many as 5.3 million people in the US are living with Alzheimer's. Alzheimer's and dementia triple healthcare costs for Americans age 65 and older. Every 70 seconds, someone develops Alzheimer's. Alzheimer's is the seventh-leading cause of death. The direct and indirect costs of Alzheimer's and other dementias to Medicare, Medicaid and businesses amount to more than $148 billion each year.

It's important to maintain an appropriate balance of omega-3 and omega-6 essential fatty acids in the diet, as they work together to promote health. Omega-3 fatty acids generally reduce inflammation while omega-6 fatty acids tend to promote inflammation. The typical North American diet contains 14 to 25 times more omega-6 fatty acids than omega-3 fatty acids, and many researchers believe this could be a significant factor in the rising rate of inflammatory disorders.

In contrast, the Mediterranean diet consists of a healthier balance between omega-3 and omega-6 fatty acids. It is low in meat (high in omega-6 fatty acids) and emphasizes foods rich in omega-3 fatty acids, whole grains, fresh fruits and vegetables, fish, olive oil, as well as moderate wine consumption. Many studies have shown that followers of the Mediterranean diet are less likely to develop heart disease. Sounds OK to me!

Carolyn's new book The Zero Mile Diet – A Year-round Guide to Growing Great Organic Food is now available *(Harbour Publishing). http://earthfuture.com/gardenpath/*

Top foods	Phyto-chemical	Recommended intake
Broccoli/spinach	Isothiocyanates	2 cups/week
Carrot/cantaloupe	Phthalides	1 cup/week
Flax Seed, olive, avocado	Lignans	1 tsp. oil per day
Garlic/onion	Allicin	1 clove/day
Green Tea/wine	Catechins	1 cup/glass/day
Soy/green peas	Isoflavones	1 cup soymilk or ½ cup/day
Strawberry/grapes	Ellagic Acid	1 cup/week
Tangerine/orange	Liminoids	1 whole/day
Tomato/red Pepper	Lycopenes	1 whole or ½ cup/day
Whole Grains/wheat Germ	Phytates	¼ cup/day

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Cruciferous vegetables unleash this most powerful healing phyto-nutrient. Within Broccoli, the seed and the sprout there is a compound called Glucoraphanin. When you chew the Broccoli an enzyme called Myrosinase is activated which converts the Glucoraphanin into Sulforaphane. Unfortunately due to industrialization 7 out of 8 varieties of Broccoli do not contain any Glucoraphanin!

The most shocking fact about Sulforaphane is that in a mere two weeks your skin will completely change as wrinkles diminish as well. High priced skin care products look out - as the Sulforaphane wildfire evolves at a fraction of the price! Hurray for Broccoli!

When Sulforaphane is unleashed topically or internally it does amazing things. Sulforaphane induces phase two enzymes and also creates protective proteins that last for 72 hours. It also has a cumulative dosing effect. If you were to take two capsules internally or put the lotion or ointment on twice daily then by the end of the 72 hours (three days) you will have six times the dosage level activity. Enjoy your new skin!

1600 clinical publications worldwide on Sulforaphane

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Identification with the body

A NEW EARTH Eckhart Tolle

APART FROM objects, another basic form of identification is with "my" body. Firstly, the body is male or female and so the sense of being a man or woman takes up a significant part of most people's sense of self. Gender becomes identity. Identification with gender is encouraged at an early age and it forces you into a role, into conditioned patterns of behaviour that affect all aspects of your life, not just sexuality.

It is a role many people become completely trapped in, even more so in some of the traditional societies than in Western culture where identification with gender is beginning to lessen somewhat. In some traditional cultures, the worst fate a woman can have is to be unwed or barren, and for a man to lack sexual potency and not be able to produce children. Life's fulfillment is perceived to be fulfillment of one's gender identity.

In the West, it is the physical appearance of the body that contributes greatly to the sense of who you think you are: its strength or weakness, its perceived beauty or ugliness relative to others. For many people, their sense of self-worth is intimately bound up with their physical strength, good looks, fitness and external appearance. Many feel a diminished sense of self-worth because they perceive their body as ugly or imperfect.

In some cases, the mental image or concept of "my body" is a complete distortion of reality. A young woman may think of herself as overweight and therefore starve herself when, in fact, she is quite thin. She cannot see her body anymore. All she "sees" is the mental concept of her body, which says, "I am fat" or "I will become fat." At the root of this condition lies identification with the mind. As people have become more and more mind-identified, which is the intensification of egoic dysfunction, there has also been a dramatic increase in the incidence of anorexia in recent decades. If the sufferer could look at her body without the interfering judgments of her mind, or even recognize those judgments for what they are instead of believing in them – or better still if she could feel her body from within – this would initiate her healing.

Those who are identified with their good looks, physical strength or abilities experience suffering when those attributes begin to fade and disappear, as, of course, they will. Their very identity that was based on them is then threatened with collapse. In either case, ugly or beautiful, people derive a significant part of their identity, be it negative or positive, from their body. To be more precise, they derive their identity from the I-thought that they erroneously attach to the mental image or concept of their body, which, after all, is no more than a physical form that shares the destiny of all forms – impermanence and ultimately decay.

Equating the physical sense-perceived body that is destined to grow old, wither and die with "I" always leads to suffering sooner or later. To refrain from identifying with the body doesn't mean that you neglect, despise or no longer care for it. If it is strong, beautiful or vigorous, you can enjoy and appreciate those attributes – while they last. You can also improve the body's condition through right nutrition and exercise. If you don't equate the body with who you are, when beauty fades, vigour diminishes or the body becomes incapacitated, this will not affect your sense of worth or identity in any way. In fact, as the body begins to weaken, the formless dimension, the light of consciousness, can shine more easily through the fading form.

It is not just people with good or near-perfect bodies who are likely to equate it with who they are. You can just as easily identify with a "problematic" body and make the body's imperfection, illness or disability into your identity. You may then think and speak of yourself as a "sufferer" of this or that chronic illness or disability. You receive a great deal of attention from doctors and others who constantly confirm to you your conceptual identity as a sufferer or a patient. You then unconsciously cling to the illness because it has become the most important part of who you perceive yourself to be. It has become another thought form with which the ego can identify. Once the ego has found an identity, it does not want to let go. Amazingly, but not infrequently, the ego in search of a stronger identity can and does create illnesses in order to strengthen itself through them.

As people have become more and more mind-identified, which is the intensification of egoic dysfunction, there has also been a dramatic increase in the incidence of anorexia in recent decades.

Although body-identification is one of the most basic forms of ego, the good news is that it is also the one that you can most easily go beyond. This is done not by trying to convince yourself that you are not your body, but by shifting your attention from the external form of your body and from thoughts about your body – beautiful, ugly, strong, weak, too fat, too thin – to the feeling of aliveness inside it. No matter what your body's appearance is on the outer level, beyond the outer form, it is an intensely alive energy field.

If you are not familiar with "inner body" awareness, close your eyes for a moment and find out if there is life inside your hands. Don't ask your mind. It will say, "I can't feel anything." Probably, it will also say, "Give me something more interesting to think about." So instead of asking your mind, go to the hands directly. By this, I mean become aware of the subtle feeling of aliveness inside them. It is there. You just have to go there with your attention to notice it. You may get a slight tingling sensation at first, then a feeling of energy or aliveness. If you hold your attention in your hands for a while, the sense of aliveness will intensify.

Some people won't even have to close their eyes. They will be able to feel their "inner hands" at the same time as they read this. Then go to your feet, keep your attention there for a minute or so and begin to feel your hands and feet at the same time. Then incorporate other parts of the body– legs, arms, abdomen, chest, and so on – into that feeling until you are aware of the inner body as a global sense of aliveness. What I call the "inner body" isn't really the body anymore but life energy, the bridge between form and formlessness. Make it a habit to feel the inner body as often as you can. After a while, you won't need to close your eyes anymore to feel it.

For example, see if you can feel the inner body whenever you listen to someone. It almost seems like a paradox: When you are in touch with the inner body, you are not identified with your body anymore, nor are you identified with your mind. This is to say, you are no longer identified with form but moving away from form-identification toward formlessness, which we may also call Being. It is your essence identity. Body awareness not only anchors you in the present moment, it is a doorway out of the prison that is the ego. It also strengthens the immune system and the body's ability to heal itself.

Forgetfulness of Being

Ego is always identification with form, seeking yourself, and thereby losing yourself, in some form. Forms are not just material objects and physical bodies. More fundamental than the external forms – things and bodies – are the thought forms *cont'd pg. 25...*

photo © Sofiene Issaoui | Dreamstime.com

Be true to yourself

UNIVERSE WITHIN Gwen Randall-Young

The moment we begin to fear the opinions of others and hesitate to tell the truth that is in us… the divine floods of light and life no longer flow into our souls. – Elizabeth Cady Stanton

AGAIN AND again, over the years in my work I have encountered people who, to varying degrees, are over-concerned about what others think of them. In one sense, this is not surprising, for from our earliest school days, if not before, we are constantly being evaluated.

A report card would come home three times a year grading us on how well we performed – not only academically, but also athletically, artistically, musically and socially. Early on, we could see that those who were given a high score also received positive attention and seemed highly valued; they were often set up as examples for the rest of us to follow.

When we got older, we saw television commercials and magazine ads, which seemed to set a standard for what we should look like, what we should eat, drive, wear and perhaps even think.

In high school and beyond, most often one must conform to fit in and this may carry on into the workplace and even in the neighbourhoods in which we live. It may even be present in our extended and nuclear families.

What has transpired over all these years is the build-up of ego's need for approval and its idea that pleasing others is the way to maintain the level of approval it requires. To upset someone or to behave in ways that would cause them to think less of us is terrifying for ego. Ego often even worries about what complete strangers might think.

The problem for the individual caught in this ego trap is that they spend inordinate amounts of time analyzing potential words or actions, trying to tailor them to what they think others would like to hear or see. After the fact, they then spend hours, if not days, reviewing what they said or did and worrying that someone may have judged them negatively.

In all of this, there is no room for being one's authentic self or living one's truth. Often, this results in depression, anxiety, anger or resentment. After all, we come here as pure souls, each individual and unique. We come to learn, but also to share the gift of who we are.

No one has all the answers or is perfectly evolved. It takes all of us working together to figure it out. Sometimes, simply speaking our truth raises the level of awareness in all who hear it.

It is not easy to shift from being 'other-directed' to 'self-directed.' Those around us may expect conciliatory or pleasing behaviours from us and take it personally when we decide to take our power back and be ourselves.

Find the courage to be real and to deal with the possible disapproval of others. You came to this world to be you – not to be what others think you should be

If we fail to do this, we are doomed to a life of frustration, uncertainty and unhappiness. It is like we are always on trial. We become so busy thinking about what others think that we have no time to think about who we are and what we want in life. For some, an entire life has been lived for others and they know no other way.

At some point, however, they realize they are not happy and even when they are, it is short-lived. The stress and tension of worrying about what others think may eventually create health problems. Before it gets to this point, it is time to break free.

We owe it to ourselves to allow ourselves to be the person we naturally and authentically are. We can start by simply noticing when we are thinking about what others might think of us or worrying about their evaluation. We can also notice when we are saying what we think the other wants to hear, rather than speaking our real thoughts.

Find the courage to be real and to deal with the possible disapproval of others. You came to this world to be you – not to be what others think you should be.

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books and CDs, visit www.gwen.ca See display ad this issue.

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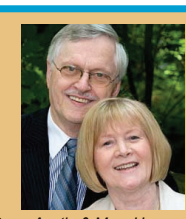

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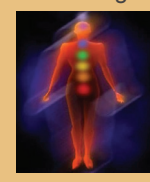

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…People Power from p. 4

ronmental heroes, announced to the celebratory crowd that they were the largest mass environmental demonstration in BC's history. Find out your next step at www.salmonaresacred.org.

That also is why over half a million registered BC voters have already signed the fightHST petition to stop the Hideous Secret Tax that would transfer a 1.9 billion tax burden from corporations onto

That is why thousands walked on Vancouver Island with Alexandra Morton to protect the wild salmon.

the middle class and poor. You can still sign this petition until July 5. Be part of this historic referendum and recall action, more information at www.fightHST.com.

With companies in the Gulf of Mexico making millions per day cleaning the oil spill, business as usual has become disaster capitalism. Remember the war to end all wars that did not end all wars, remember Laos the nine years of constant bombing in a secret war, remember Vietnam, remember Enron, remember who killed the electric car and remember Katrina … lest we forget. Oil companies, like drug companies or drug pushers, addict and financially enslave. Ignorance is not bliss, its ignorant.

Here is a quote from Kevin Daum, founder of Save the Oceans Inc, about the Gulf of Mexico oil spill and the protracted, expensive clean up.

"You need to know how oil spills are currently being cleaned up, why they cost so much and how they could be cleaned up to minimize the damage using the technology that would have minimized the harm and cost. Let me break this down into simple steps for you starting with plugging the hole(s). What they are doing is trying to make a super duper capping device that allows them to control the spill and keep pumping oil. So far it's not working and there are some pretty impressive reasons/excuses why this is not working. Let's apply some common sense to this problem. Find a barge, fill it with cement, tow it over the hole, sink it and problem solved. Is that too simple? A couple of day's work and a little expense to minimize a major disaster. Please tell me that this is just incompetence."

"…I could go on and on for pages and pages with the complete utter nonsense surrounding spill cleanup yet the bottom line is always the same. The environment is destroyed along with the local economy, lots of oil is left behind and then the lawyers get to jump in and make lots of money to add injury to insult. Don't believe me? Just take a trip up to Alaska and ask Dr Riki Ott her opinion on the subject. She wrote the book on that Exxon spill fiasco."

You have a road map for prevention, recovery and empowerment

"…I'm trying to get you to understand that the whole thing is a big media event to make you believe that it's really a lot harder to deal with the problem then it really is. The problem is that this is being done at your expense. All spills can be quickly rendered non-sticky and recovered at less than 10% of the cost of the current fraudulent and amateur methods being used." For the full article and video go to www.OilLift.net/blog

Now closer to home, here is a news flash: "Calgary, Alberta, May 27, 2010 - Enbridge Inc. (TSX:ENB) (NYSE:ENB) (Enbridge) announced today that it has filed an application with the National Energy Board for the construction and operation of the Enbridge Northern Gateway Pipeline which involves a new twin pipeline system between Edmonton, Alberta and a new marine terminal in Kitimat, British Columbia to export petroleum and import condensate."… Patrick D. Daniel, President and Chief Executive Officer, Enbridge Inc. said, "It's an important step forward in the thorough and comprehensive public review that will provide opportunities to learn more about the project and to provide input to the Joint Review Panel."

Well, many more think it is a dangerous step backward that needs to be stopped. Let us be clear Mr. Daniel, CEO, we don't want a stinking pipeline, the toxic Tar Sands crude, or a supertanker port on our coastline. We don't need to "learn more" from your PR flacks. It looks like you front for lots of money, so please don't tarnish our landscape or ocean with a proposed pipeline. Instead your company could invest in solar energy, windmills, electric cars, a better bicycle, clean water systems for the poor, organic food, something decent that will leave a more healthy living legacy for our children.

Chris Hedges, an American journalist, war correspondent, *Empire of Illusion: The End of Literacy and the Triumph of Spectacle* (2009) authour, recently wrote *The Greeks Get It.*

"Here's to the Greeks. They know what to do when corporations pillage and

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loot their country. They know what to do when Goldman Sachs and international bankers collude with their power elite to falsify economic data and then make billions betting that the Greek economy will collapse. They know what to do when they are told their pensions, benefits and jobs have to be cut to pay corporate banks, which screwed them in the first place. Call a general strike. Riot. Shut down the city centers. Toss the bastards out. Do not be afraid of the language of class warfare—the rich versus the poor, the oligarchs versus the citizens, the capitalists versus the proletariat. The Greeks, unlike most of us, get it."

"What is happening in Greece, what will happen in Spain and Portugal, what is starting to happen here in states such as California, is the work of a global, white-collar criminal class. No government, including our own, will defy them. It is up to us. Barack Obama is simply the latest face that masks the corporate state. His administration serves corporate interests, not ours. Obama, like Goldman Sachs or Citibank, does not want the public to see how the Federal Reserve Bank acts as a private account and ATM machine for Wall Street at our expense. He, too, has helped orchestrate the largest transference of wealth upward in American history. He serves our imperial wars, refuses to restore civil liberties, and has not tamed our crippling deficits. His administration gutted regulatory agencies that permitted BP to turn the Gulf of Mexico into a toxic swamp. The refusal of Obama to intervene in a meaningful way to save the gulf's ecosystem and curtail the abuses of the natural gas and oil corporations is not an accident. He knows where power lies. BP and its employees handed more than $3.5 million to federal candidates over the past 20 years, with the largest chunk of their money going to Obama, according to the Center for Responsive Politics."

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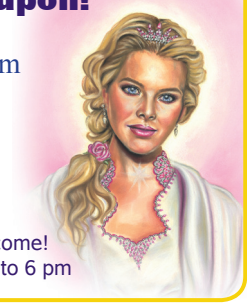

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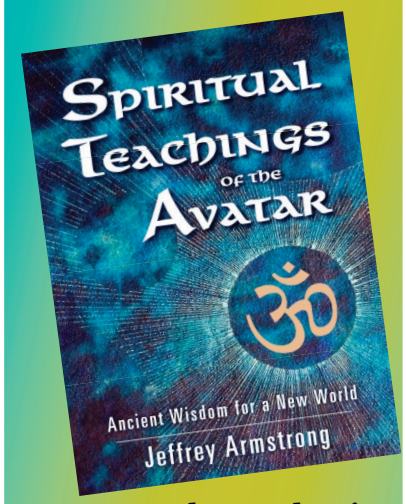

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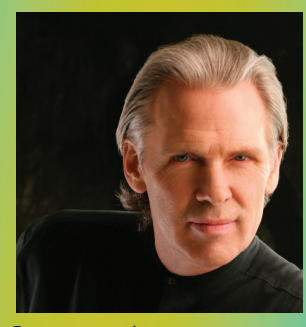

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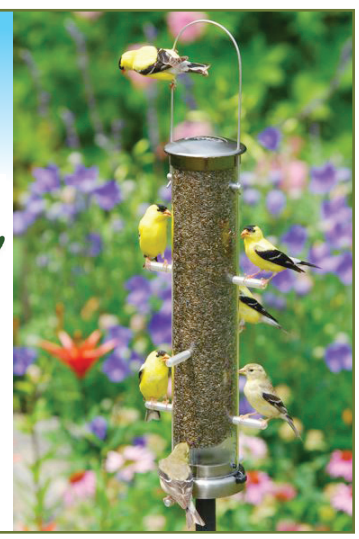


Summer in the city

EARTHFUTURE Guy Dauncey

"LET'S MAKE June our sustainable household month," I suggested to Katya, as we looked at our diaries. "There's a lot of great courses available, between Village Vancouver and Langara College's Summer School on Building Community. We could use them to help make our lives more sustainable."

"What a great idea," Katya responded. "Does that mean we can take the plunge and get a solar hot water system for our roof? There's a $2,000 incentive grant available, or alternatively, we could get a zero-interest loan. I saw it all at www.solarbc.ca"

"I agree. It's about time we did that. Why don't you call SolarBC and find a local installer? And talking about the house, how about we try to make it more energy efficient? There's a course on June 29 by Philip Be'er, who's been working on this stuff for years."

"I'm up for that," Katya replied, writing it into her diary. "And another thing… how do you feel about keeping bees in the backyard? The garden feels lonely without them. There's a course on June 12. We need bees to pollinate all the food we need to grow in the city and we'd get honey, as well. And look, there's a film and discussion on backyard chickens on June 18, followed by a tour on the 19th. We could do that, too!"

"OK, let's sign up and find out what's involved," I said. "And shall we go to the Growing and Sharing Food in Your Neighbourhood event on June 16? It would be good to meet other people and see what they're up to."

"Sounds good," Katya replied. "I've been thinking also that maybe it's time we signed up for a regular home delivery of organic food. It would save time in shopping, and we'd be supporting our local farmers. We could do it through the NOWBC Coop (nowbc.ca) or Small Potatoes Urban Delivery (spud.ca). Shall I check them out and see which suits us best?"

"Sure thing. And did you read about the Car-Free Day on Sunday June 20? It's going to be huge! It's a mid-summer celebration of people, children, bicycles, music and discussion – all without cars. They've got volunteer organizers for Commercial Drive, Main Street from 29th to 33rd, the West End, the Downtown Eastside and Kits. It's all here at www.carfreevancouver.org"

"Yes, I saw that," Katya said. "Do you think we could make our own street car free for the day and invite our neighbours to a street party? We've never had one. We've lived here for 10 years and I've no idea who lives in some of the houses."

"It would be incredible if we could pull it off," I replied. "Let's google 'how to organize a street party.' Look, there's everything here that we need to get started."

"Can you imagine if every street had a mid-summer street party, right across the city?" Katya asked. "It would become an annual festival for community, neighbours and sustainable living. We've got to do more celebrating if we're going to change the world."

Car-Free Day on Sunday June 20 is a mid-summer celebration of people, children, bicycles, music and discussion – all without cars.

"It's the same day as the Vancouver People's Summit, which is part of the Car-Free event on Main Street. Can we do both? I want to send a message to Harper about the importance of addressing climate change and poverty at the G-8 and G-20 Summits that are happening in Ontario a few days later. All the details are at www.vancouverpeoplessummit.ca"

"Sure, we could go to the early part and come back for the street party in the afternoon, if we were well organized. And look, there's a session on June 15 on "How to Create a Village in a City: Getting to know your neighbours" by Ross Moster. He's been doing this stuff for ages. We should go. It'll help us connect with like-minded people."

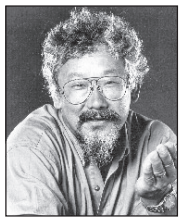
"Wow. It's going to be quite the month. Shall we celebrate with some Circle Dancing on June 21 at the Unitarian Centre? It would be a great way to bring it all together."

"You're on," Katya said. "This is going to be an amazing summer!"

For details about Langara's Summer School, see bit.ly/langara

For Village Vancouver events, see villagevancouver.ning.com

Guy Dauncey is president of the BC Sustainable Energy Association (www.bcsea.org). See also www.earthfuture.com.



Oil disaster a costly lesson

SCIENCE MATTERS David Suzuki with Faisal Moola

ENVIRONMENT

IT COULD never happen here. That was Prime Minister Stephen Harper's assurance in the wake of the massive oil disaster in the Gulf of Mexico, which he referred to as "an environmental catastrophe unlike anything we've seen in quite a long time."

The company behind the spill off the US Gulf coast, British Petroleum, has three licences to drill for oil in the Beaufort Sea in Canada's Arctic. BP and other companies have asked our federal government to relax environmental regulations around Arctic drilling. And BC is still pushing to get the federal government to lift a moratorium on drilling off the West Coast. There's also a plan in the works by Enbridge to build a pipeline to carry oil from the tar sands to the BC coast, where it will be put on oil tankers for ocean shipping. Questions have also been raised about the safety of an offshore well that Chevron has started drilling off the coast of Newfoundland. It will be deeper than the one in the Gulf of Mexico.

We've been assured many times that the technology is safe, but the Gulf disaster shows that no technology is foolproof. Can we really afford the risk?

President Barack Obama has halted plans for further oil drilling in the Gulf until an investigation is completed (although, according to the Center for Biological Diversity, the US has approved 27 other offshore drilling projects since the spill) and California governor Arnold Schwarzenegger has implemented a similar moratorium on drilling off that state's coast. Canada, however, has no plans to halt East Coast or Arctic drilling, and the BC government continues to push for drilling off the West Coast. When a disaster of this magnitude occurs, we should stop to re-examine the state of our own programs that might have similar risks so that we can find ways to avoid harming our oceans and coastal communities.

BC's coast, which is known worldwide for its rich biodiversity and vibrant tourism industry, is particularly vulnerable to the impacts of an oil spill. A spill would be carried quickly by the nutrient-rich currents, possibly washing up on the mainland, Vancouver Island and Haida Gwaii coasts. A spill or leak could threaten orcas, salmon, birds and many other plant and animal species, as well as devastating our fishing and tourism industries.

Is this the price we're willing to pay for a polluting and diminishing source of energy? Oil may seem inexpensive compared to some forms of energy, but if you factor in the costs of these real and potential disasters, not to mention the everyday pollution, it's not such a bargain.

One surprising response to the spill comes from proponents of the Alberta tar sands who see the Gulf disaster as a boon. A cartoon in the *Edmonton Journal* pictured US President Obama standing in the Gulf with oil on his hands, saying, "On second thought, the Alberta oilsands ain't so bad…" The tar sands have been linked to ecological, social and medical problems, including toxic water pollution and excessive greenhouse gas emissions – and none of that is altered by the Gulf spill. The disastrous consequences of ocean oil spills may be more immediately apparent, but land-based drilling can also cause environmental damage. Leaks, spills, blowouts, fires and explosions are more common than many people realize.

BC is still pushing to get the federal government to lift a moratorium on drilling off the West Coast.

A more thoughtful response to the spill would be to recognize the huge risks associated with the kind of energy we use and the way we get it. Clearly, the negative costs of tar sands and deep ocean resources should point to the need to work toward a carbon-free energy future.

The problems are only going to get worse as we reach peak oil, when the most accessible sources of oil are all but gone and we must rely even more on the dirtier and harder to reach supplies in the deep ocean or tar sands.

We can't stop using fossil fuels immediately, but we should see this latest disaster as an opportunity to look at the costs of our energy use and where we should go from here. Clearly, we must wean ourselves from oil and gas as we make the transition to cleaner sources of energy. If we were wise, we would go more slowly with the resources we do have – in the tar sands, for example – and use the revenues to fund research and development of clean energy.

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June is Bike Month ... and there's safety in numbers

by Steven Beck

A RECENT SPATE of widely publicized cycling injuries and accidents – from six cyclists on a rural highway in Quebec being hit by a pickup truck, leaving three dead, to Vancouver City Councillor Geoff Meggs being hit by a car while riding on a neighbourhood bikeway – makes the safety theme of this year's Bike Month timely and appropriate. Watch for "June is Bike Month: Look out for Cyclists" ads in transit shelters, on buses and online throughout the month. This part of the campaign is aimed primarily at motorists, but cyclists don't have to be dependent on motorists for their safety. Primary responsibility rests with us riders and additional safety tips for both cyclists and motorists will be issued daily from the Bike Month website, which also hosts safety information and links to other resources. One of the best ways cyclists can increase their own safety is simply to get out and ride.

Safety in numbers

These days, being in favour of cycling is close to achieving 'mom and apple pie' status. People know it's good for the environment, reduces green house gases, reduces congestion, improves health and fitness and it's also fun. So why don't more people do it? According to researchers at UBC (see http://www.cher.ubc.ca/cyclingincities/injury.html), four of the top six reasons have to do with perceived risks to safety: the risk of injury from car-bike collisions; the risk from motorists who don't know how to drive safely near bicycles; vehicles driving faster than 50 km/hr; and streets with a lot of car, bus and truck traffic. In short, many casual cyclists feel threatened on the roads and therefore cycle less.

Countries like the Netherlands and Denmark, which have cycling populations five to seven times greater than we have in the Lower Mainland, also have death and injury rates approximately one quarter less than we have.

The irony of cyclists staying off the roads out of fear is that safety in numbers is a real phenomenon when it comes to safety. The more frequently commuters, shoppers, families and children ride bicycles, the more visible they become. And the more space they claim, the more drivers get used to seeing them. As they start watching for cyclists and accommodating them, the safer it becomes. In addition, the more people choose cycling over driving, the fewer cars there are on the roads, which means less congestion, less road rage and less danger for cyclists.

Countries like the Netherlands and Denmark, which have cycling populations five to seven times greater than we have in the Lower Mainland, also have death and injury rates approximately one quarter less than we have. Those countries also invested in the infrastructure to support high levels of cycling. Recognizing the wisdom in that course of action, the City of Vancouver has committed to an ambitious plan to further develop the city's already extensive network of more than 400 kilometres of bike routes.

Vancouver's network is primarily a combination of different facilities, including separated lanes on the Burrard and Dunsmuir bridges, marked cycle lanes, dedicated mixed-use, off-road paths and streets designated as neighbourhood bikeways, augmented by traffic calming measures and cyclist controlled lights at some intersections.

It's an infrastructure that already makes cycling quite safe for the whole family, adults and children alike, whether the children are being towed in a trailer, attached with a tandem or trail-a-bike or riding under supervision. Starting the kids young and teaching them proper cycling skills early on ensures they are confident and safe.

"Critical ooze" – safety through ubiquity

While commuter cyclists seem to get the most attention in public discussion, non-commuting trips account for 60 percent of all household trips made in BC. Many of these are short distance trips of only a kilometre or two and close to half are less than five kilometres. Most of us live within a five-kilometre range of places where we shop, bank, recreate, eat and so on. With a little planning and the right tools, most of those trips could be accomplished by bicycle, as fast or faster than by car. *cont'd pg. 25...*

Get out and ride

Develop the skills: If you feel you lack the skills to be safe in traffic, take a course on how to ride comfortably and safely on the street. The four-hour **Streetwise Safety Course**, offered by the Vancouver Area Cycling Coalition, can boost your confidence and get you into regular riding. For more courses available during Bike Month, visit http://vacc.bc.ca/cycling/cycling.php?pageID=41 The coalition also offer courses in elementary and high schools.

Know how to get there: Check out UBC's cycling **route planner** at www.cyclevancouver.bc.ca This is a great tool that lets you map out a cycling route based on several criteria from least elevation gain to most foliage cover. As mentioned, www.hastebc.org has helpful tools for planning routes to school, and BEST's www.bikemonth.ca site offers a repository of existing maps for Metro Vancouver schools.

Choose the right equipment: If you need more than a backpack to carry stuff, your local bike shop can help outfit you with baskets, carriers, panniers and so on – even a trailer for kids or larger items.

Cycling safety: The basics

- Act predictably; obey the rules of the road.
- Use a light (front and back) at night.
- Wear bright or reflective clothing, especially at night.
- Pay close attention to traffic in both directions at intersections. If possible, make eye contact with drivers.
- Never assume that motorists will yield, even if you have the right-of-way.
- Wear a helmet.

June is Bike Month (www.bikemonth.ca) has become a grand tradition in Metro Vancouver. Fifteen years ago, Better Environmentally Sound Transportation (BEST) launched it as a week-long cycling promotion. It has since grown into a month-long celebration of cycling, with participation from many organizations and municipalities. This year, the Vancouver Area Cycling Coalition is running its **Bike to Work and School Week** campaign (www.biketoworkmetrovan.ca) during the first week of Bike Month. The City of Vancouver opens a new separated bike lane trial on Dunsmuir Street and a new Velopalooza (www.velopalooza.ca) bike festival launches on June 4 and runs to June 13. It's an ideal time to get on your bike!

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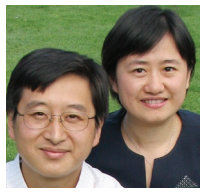

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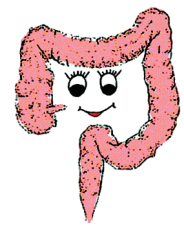

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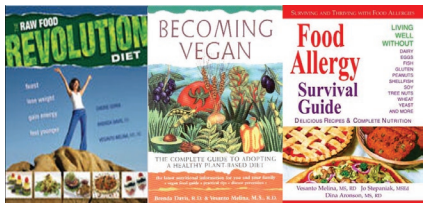

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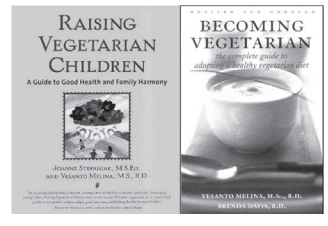

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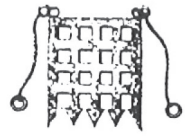

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***…Tolle** from p. 12*

that continuously arise in the field of consciousness.

They are energy formations, finer and less dense than physical matter, but they are forms nonetheless. What you may be aware of as a voice in your head that never stops speaking is the stream of incessant and compulsive thinking. When every thought absorbs your attention completely, when you are so identified with the voice in your head and the emotions that accompany it that you lose yourself in every thought and every emotion, then you are totally identified with form and therefore in the grip of ego.

Ego is a conglomeration of recurring thought forms and conditioned mental-emotional patterns that are invested with a sense of I, a sense of self. Ego arises when your sense of Beingness, of "I Am," which is formless consciousness, gets mixed up with form. This is the meaning of identification. This is forgetfulness of Being, the primary error, the illusion of absolute separateness that turns reality into a nightmare.

From Descartes' error to Sartre's insight

The seventeenth century philosopher Descartes, regarded as the founder of modern philosophy, gave expression to this primary error with his famous dictum (which he saw as primary truth): "I think, therefore I am." This was the answer he found to the question "Is there anything I can know with absolute certainty?" He realized that the fact that he was always thinking was beyond doubt and so he equated thinking with Being, that is to say, identity – I am– with thinking. Instead of the ultimate truth, he had found the root of the ego, but he didn't know that.

It took almost 300 years before another famous philosopher saw something in that statement that Descartes, as well as everybody else, had overlooked. His name was Jean-Paul Sartre. He looked at Descartes' statement "I think, therefore I am" very deeply and suddenly realized, in his own words, "The consciousness that says 'I am' is not the consciousness that thinks." What did he mean by that? When you are aware that you are thinking, that awareness is not part of thinking. It is a different dimension of consciousness. And it is that awareness that says "I am."

If there were nothing but thought in you, you wouldn't even know you are thinking. You would be like a dreamer who doesn't know he is dreaming. You would be as identified with every thought as the dreamer is with every image in the dream. Many people still live like that, like sleepwalkers, trapped in old, dysfunctional mindsets that continuously recreate the same nightmarish reality. When you know you are dreaming, you are awake within the dream. Another dimension of consciousness has come in. The implication of Sartre's insight is profound, but he himself was still too identified with thinking to realize the full significance of what he had discovered: an emerging new dimension of consciousness.

Excerpted from A New Earth: Awakening to Your Life's Purpose *by Eckhart Tolle. Reprinted by arrangement with Dutton, a member of Penguin Group (USA), Inc. Copyright © Eckhart Tolle, 2005.*

***…Drug Bust** from p. 9*

ers and taxpayers if governments want to play hardball, like they are doing in Ontario and Greece.

When there is so much fat to be trimmed from public drug plans, cutting social programs and other essential government services seems cruel and nonsensical.

It doesn't have to be that way. Bravo to Greece and Ontario, for showing us that going to war to get the best drug prices for consumers and taxpayers is a conflict worth engaging in.

Alan Cassels is a modern-day Jonathan Swift wannabe, as well as a drug policy researcher at the University of Victoria and the author of The ABCs of Disease Mongering*. Read his other writings at www.alancassels.com*

***…Bike Month** from p. 18*

It takes only three to four minutes to ride one kilometre on a bicycle, even for the most inexperienced cyclists. For trips up to five kilometres, riding can be the fastest way to get there when you factor in finding parking and walking to your destination. Using the network of neighbourhood bikeways and side streets is both safe and pleasant and you get to experience the greenery, flowers and gardens of your neighbourhood.

The more people cycle, the safer it becomes. "Critical ooze." The same is true for trips to school. Parents often cite danger from too much traffic as the reason they do not walk or cycle to school with their kids. Yet they get in the car and contribute to congestion –and danger – rather than becoming part of the solution. Walking or cycling your children to school is a gift that surpasses any ride in a car. It cultivates the daily routine of active transportation and exercise and it combats car-dependence; as the kids become more independent, they can bike around on their own as they are already familiar with the routes and parents are freed from their role of chauffeur.

There are many resources available to help get out of the drive-your-kids-to-school grind, including Hub for Action on School Transportation Emissions. The organization's website (hastebc.org/route) provides planners, emission calculators and other tools to help kids make greener transportation choices. Many schools either have maps showing the safest or best routes to school or they are in the process of doing the mapping. At bikemonth.ca, BEST is consolidating the information for schools in Metro Vancouver into one easily clickable map. Some schools also offer "walking/cycling" school bus programs to encourage active transportation. The tools are there. It's up to us to use them.

The City of Vancouver is committed to do its part in building the infrastructure to support cycling. Our part is to enjoy the ride and show that it's worth it. Bike Month features celebrations, activities, group rides and festivals. Get out and enjoy.

Steven Beck is the operations manager at Better Environmentally Sound Transportation (BEST) in Vancouver. www.best.bc.ca

Haiti before and after the quake

A tale of aid gone wrong

by Geoff Olson

photos by Elaine Briere

DAVID PUTT, a retired agrologist/geologist from Nelson, BC, stands before a display of artwork from Port-au-Prince. The semi-abstract masks, hammered from oil drums, seem to radiate a comic, defiant spirit. "Arts are alive and well everywhere, and they're a part of people's daily lives," says the grey-haired, soft-spoken Putt, pointing to the pieces he and his partner, photojournalist and filmmaker Elaine Brière, brought back from Haiti. The masks add a Caribbean touch to the living room of Brière's East Vancouver home, which is decorated with photographic prints from around the world. Putt attests to the incredible spirit of the Haitian people, in spite of what they went through. "It was one of the most remarkable things to me," he notes.

Putt, who came to Haiti to work with the NGO Pure Water for the World, was in the basement of an office building in Port-au-Prince when the earthquake hit on January 12. Terrified, he and two co-workers dove under a rickety table. Although the building was damaged beyond repair, it did not collapse. Everyone inside survived, and after a seeming eternity of quaking, they gathered outdoors, shocked and shaking. Putt looked to the horizon, at a cloud of dust so thick it completely obscured a nearby valley where many dwellings had come down. He could see the hill above, in the greener, leafier neighbourhood where the wealthy lived. "Every few moments a wall or a house up there collapsed," he remembers. "Maybe 20 minutes after the quake, we saw a large building crumble and slide down the hill, those trapped inside screaming as it went."

After retrieving water from the building, Putt and a co-worker set out for home in the gathering darkness. "At first it was eerily quiet except for a few on the street crying, a few others moaning in the wreckage. Even the children were quiet. Bodies and some of the badly injured were already being laid out on the street – one had to be careful not to step on them in the dark. Groups had gathered and some began singing, hymns mostly, often in a beautiful, otherworldly chant and response that I found chilling and comforting at the same time."

As other observers noted at the time shortly after the quake, some Haitians consoled themselves by singing through the nights.

Immediately following the 7.0 earthquake, which devastated the capital city of Haiti, the global media networks went into high gear. For two weeks – a lifetime in the 24-hour news cycle – viewers were bombarded with footage and reports of Haitians mourning their dead and rescuing the lucky few who survived the wreckage. The quake ultimately claimed 230,000 lives, injured 300,000, and rendered 1,000,000 homeless.

In the brief period in which global attention was fixed on Haiti, international relief programs segued into Live-Aid style philanthropy. At a certain point, it seemed this carnival of altruism became less and less about Haiti and more about us – best evidenced by the self-congratulation of performers and pundits in the developed world, singing these poor black people back to civilization, and away from mother nature's random acts of unkindness.

This isn't to diminish the very real concern of people around the world, who extended a helping hand to the Haitians. It's not as if the aid was unnecessary or unappreciated. It's just that the Bono-Rhiannon showmanship melded smoothly with Bush-Clinton statesmanship. The telegenic charity further concealed, rather than revealed, the Caribbean heart of darkness midwived by western powers long before the quake.

Haiti is frequently described as the poorest country in the western hemisphere, notes Canadian political philosopher Peter Hallward, author *of Damming the Flood: Haiti, Aristide, and the Politics of Containment.* "This poverty is the direct legacy of perhaps the most brutal system of colonial exploitation in history, compounded by decades of systematic postcolonial oppression," he notes in a January 2010 article in *The Guardian.*

Haiti takes its name from the language of the Taíno, the indigenous people who were wiped out through a combination of European-imported disease and the killing sprees of Christopher Columbus' soldiers.

The Republic of Haiti became the first independent country in Latin America, in 1804 – a black-led republic conceived in the world's only successful slave revolt. At the time, the colonial powers were all slave-owning societies and they did not recognize the republic for decades. And although slave-owner Thomas Jefferson supported the emigration of American slaves to Haiti, he also felt a republic of emancipated negroes might send the wrong message to the toiling, sweating property of American plantation owners.

Even before the earthquake reduced Port-au-Prince to stone-age conditions, the average life expectancy in Haiti was 57 years, with the lowest caloric intake per person in the western hemisphere. While I admired the collection of Haitian art, Elaine Brière handed me a book of photos, open to a picture of a young girl making what appear to be mud pies. "These are not ordinary pies," the text reads. In Port-au-Prince, women and girls fashion them and sell them in the streets. They are

made from salt, water, flour and mostly dirt. The patties are dried in the sun and sold at markets to the poorest of the poor who are fully aware of the ingredients. "When asked why the poor would knowingly eat the dirt pies, a girl responded in the most matter of fact way, 'So they won't die hungry.'"

Brière saw such mud pies for sale in the streets of Haiti, just weeks before "Le Tromble," as the earthquake was known in Creole. She left just days before the quake, while her partner David Putt stayed to assist with the aid efforts.

Eight days after the quake, Putt emailed Brière, noting his efforts in delivering aid were becoming more desperate. The US military had claimed the airport and he couldn't understand the holdup. "There was a huge amount of traffic on the road but most was not aid related," he wrote. In the chaos of central Port-au-Prince, there was little evidence of relief. "All day long, heavy helicopters whack, whack, whack across the skies above Champs de Mars (the Parliament Hill of Haiti) – I counted 22 in two hours on Sunday. They never land. I have met no one, local or aid worker, who knows where they are going."

It was day eight since the quake. Where were the food and the medical supplies? Putt wondered. "Canadians have rioted in Vancouver and Montreal over things as simple as the Stanley Cup. People have been stoically holding on here under conditions unimaginable," the retired geologist wrote. On the second Saturday after the earthquake, he got word that medical supplies were piling up at the Canadian base and the military would have to stop bringing in more unless some were picked up.

He turned up the next day with an empty truck, with all his necessary documentation, including ID showing that he was with an NGO. But all he could get from the Canadian military were phone numbers of CIDA (Canadian International Development Agency) back in Ottawa – an absurd response, given the problem finding any working phone lines. He left with nothing. At the gate, he watched as a youth group running a clinic was turned away, even though they were led by a doctor making an emergency request for medicine, with all his credentials in order.

"Even before the earthquake reduced Port-au-Prince to stone-age conditions, the average life expectancy in Haiti was 57 years, with the lowest caloric intake per person in the western hemisphere… When asked why the poor would knowingly eat the dirt pies, a girl responded in the most matter of fact way, 'So they won't die hungry.'"

Putt puts the SNAFUs he saw down to a lack of coordination between the big NGOs and all the different military units. In an April 23 article posted at the *Common Dreams* website, aid worker and Seattle school teacher Jesse Hagopian echoed Putt's observations, having witnessed similar misadventures in relief response from the US side.

"Regrettably, the most prevalent explanation in the media for the sluggish delivery of aid was that authorities anticipated rioting by the violence-prone Haitian people. This well-worn, racist narrative attempted to transform Haitians from victims of an earthquake to perpetrators of a security threat. However, my wife and I didn't see a single instance of rioting or violence in the week we were there," Hagopian writes.

Early on, the US could have exercised the option to use C130 transports to drop supplies in Port-au-Prince, but Secretary of Defense Robert Gates rejected this option, insisting that "air drops will simply lead to riots." Putt sees this attitude in the context of the Americans' terror-alert culture of fear, although their institutionalized paranoia is not completely disconnected from reality, in the case of Haiti.

According to Putt, "The US military has a long history of crushing resistance to oppression in Haiti – a lot of Haitians dislike them intensely and the upper echelons of the military and their civilian minders must know it. Given that context, I am not surprised that they were excessively preoccupied with security when they arrived in Haiti and when they finally ventured out it was in ridiculously over-armed convoys. That did eventually change with time after the quake."

The UN has its own – and very recent – history of violent repression in Haiti, notes Putt. "They're seen as an occupying force by most Haitians. When they dare to enter Cité Soleil [the largest, poorest slum in Port-au-Prince] it's always with guns cocked and waving at the ready. So again, it doesn't surprise me that their large military contingents, the agents of the repression, were also preoccupied with security in the immediate aftermath of the quake. To me, both the US and UN approach was in good part a response to the enmity they had brought on before.

"*US Repression of Haiti Continues*" is among Project Censored's top 25 censored news stories for 2009. Prior to the earthquake, the US government planned to expropriate and demolish the homes of hundreds of Haitians in the shantytown of Cité Soleil, the epicentre of organization for the Fanmi Lavalas party, to expand the occupying UN force's military base. The base is intended to house the soldiers of the UN Mission to Stabilize Haiti (MINUSTAH).

"Cité Soleil is the most bullet-ridden battleground of the foreign military occupation, which began after US Special Forces kidnapped and exiled President Jean-Bertrand Aristide on February 29, 2004. Citizens have since been victimized by recurring massacres at the hands of MINUSTAH," according to Project Censored.

Haiti's 200-year history does not paint a picture of good intentions from foreign powers. Back in the mid-1700s, France derived half its gross national product from its colony in the Caribbean, "the jewel of the Antilles." True independence was never part of the colonial or postcolonial script. In July 1825, King Charles X of France dispatched a fleet of 14 vessels with thousands of troops to reconquer the island. As a result, the embattled first President of Haiti, Jean Pierre Boyer, agreed to a treaty in which France formally recognized the independence of the nation in exchange of reparations. The price, 150 million francs, was estimated for profits lost from the slave trade.

In 1838, France reduced the price to 90 million francs, which, by 1947, was paid by Haiti in full, and with interest many times over. During his tenure, Haitian president Jean-Bertrand Aristide travelled to France to petition for the return of the reparations, but was rebuffed by the French government.

Aristide, a former priest with a hankering for liberation theology (a form of Christian social activism inspired by Christ's compassion for the poor) won two thirds of the popular vote in the 1990 general election. He was displaced in a 1991 military coup and was returned to power by the Clinton administration in 1994, under the condition he not steer the nation away from US-engineered free trade policies, which turned out to conflict with his desire to lift his people "from absolute misery to a dignified poverty." The former priest vacated the presidency in February 1996, the scheduled end of his five-year term, but was re-elected by massive popular support in 2000. In 2004, Aristide was overthrown a second time, in a foreign military intervention that involved Canada, the US and France and received authorization from the United Nations Security Council.

Reports about Aristide are confusing and contradictory. Some US media outlets have painted him as a thief and drug-runner, who stole millions of dollars from the country and used paramilitary forces to threaten opponents. The Wikipedia entry on Haiti cites a number of sourced accusations against the former priest, but adds, "the accuracy of the information is questionable and may have been concocted to discredit Aristide." Certainly, the former priest was no worse than the violent despots that have ruled Haiti, since its inception, with the tacit or active approval of foreign powers. From 1957 to 1986, the family dynasty of Baby Doc Duvalier ruled with an iron fist, turning the island into a torture chamber through the dreaded Tonton Macoute police force.

In a March 9 interview in *Counterpunch*, MIT media critic Noam Chomsky claims the US and France, "the two traditional torturers of Haiti," kidnapped Aristide in 2004, "after having blocked any international aid to the country under very dubious pretexts, not credible grounds, which of course extremely *cont'd pg. 34…*

Enviropig™

A piggy you hope never to meet at market

Mouse and *e coli* genes injected into a Yorkshire pig embryo

e coli: © Sebastian Kaulitzki mouse: © Cammeraydave | Dreamstime.com montage: Peter Baranovsky

by Lucy Sharratt

FIFTEEN YEARS ago in a lab at the University of Guelph in Ontario – then home to some of Canada's most ardent supporters of the new science of genetic engineering – an idea was conceived. Five years later, "Wayne," a genetically modified (GM) pig was born. Now, the so-called "Enviropig™" could soon be approved for human consumption in Canada and possibly the US as well.

As technology grows increasingly complex and our environmental problems ever more serious, the proposed "technological fixes" from industry grow more ludicrous and dangerous. And so it is with genetic engineering. The common disconnect between science and reality is represented perfectly by the ridiculous, and yet threateningly real GM Enviropig™ project. Enviropig™ is the grotesque realization of early scientific aspirations and laboratory accidents. Born of scientific curiosity, hubris and a complete misunderstanding of the real world, a GM pig with less phosphorous in its feces is being proposed as a solution to water pollution caused by run-off from factory farms.

Enviropig™ is the trademarked industry name for a pig that has been genetically engineered to excrete less phosphorous in its feces. It will produce the enzyme phytase in its salivary glands to enable more effective digestion of phytate, the form of phosphorus found in pig feed ingredients like corn and soybeans. Scientists inserted a transgene sequence that includes an *E-coli* bacteria phytase gene and a mouse promoter gene sequence.

Enviropig™ is a classic false technological fix that ignores the real causes of a problem and instead tries to develop, at great cost, a shiny, new, patented product for sale to mask the symptoms.

Phosphorous from animal manure is a nutrient for plants that becomes a pollutant if there's too much of it for crops to absorb and the excess runs off into streams and lakes. When pig manure spread on farmland exceeds the amount crops can use while growing, the excess phosphorus runs off as fields drain into surface waters. There, it promotes excessive algae growth. The algae form thick mats, blocking sunlight from reaching deeper waters and when the algae dies and decomposes, it uses up dissolved oxygen in the water, killing fish and other organisms. Blue-green algae, which often grow in phosphorus-rich waters, produce cyanotoxins that can kill livestock and pets if they drink the polluted water.

Enviropig™ is the grotesque realization of early scientific aspirations and laboratory accidents. Born of scientific curiosity, hubris and a complete misunderstanding of the real world, a GM pig with less phosphorous in its feces is being proposed as a solution to water pollution caused by run-off from factory farms.

But phosphorus pollution is a problem specific to the industrial model of hog production where tens of thousands of pigs under one roof produce too much manure for the surrounding land to use productively. Such intensive, concentrated production means that operations import tonnes of pig feed from distant sources and must then pay the cost of disposing of millions of gallons of liquified hog manure. Operations prefer to spread manure on land within a mile or two of the industrial pig barns rather than pay to transport heavy liquid manure to more distant fields.

Enviropig™ is designed to reduce the amount of phosphorous produced by the pigs themselves so factory farms don't have to pay for other measures, such as reducing the number of pigs they raise in one place, trucking liquid manure longer distances or expanding the area of land for spreading manure. The real solution, however, lies in changing the model of production, not in genetically engineering the pigs.

Enviropig™ is expressly designed to support existing factory farming practices. In the early days, before the advent of extensive public relations, University of Guelph scientist and Enviropig™ developer John Philips said as much. In 1999, a *Reuters* article* included Philips

articulating the economic rationale that, if phosphorous in pig manure is reduced by 50 percent, theoretically, farmers can raise 50 percent more pigs and still meet environmental restrictions. Philips went on to say that, in North America, Europe and in some parts of Asia, the only thing holding back a farmer's hog output is the restriction on phosphorous leaching into the water table. (**This Little Piggie Smells Better*.)

Smaller farms means less "waste"

In an alternative model characterized by smaller hog production units dispersed over a wide geographic area, phosphorus in pig manure does not become an environmental problem; it is used as a valuable fertilizer instead. Phosphorus is an important plant nutrient and an essential element of soil fertility in farming. Animal manure is a source of phosphorus for growing field crops, including those used to feed pigs.

Twenty years ago, hog production in Canada was based on a successful model where tens of thousands of farmers earned a livelihood raising pigs in modest-sized operations. Now, the hog industry is dominated by a few giant hog production corporations where thousands of pigs are raised under one roof. Smaller, independent farmers have been forced out of business through loss of market access and unfair competition from huge, vertically integrated companies that own hog barns as well as packing plants and other related businesses. Hog production has doubled over the past 20 years, but in the 13 years between 1996 and 2009, the numbers of farms reporting hogs was cut by nearly two-thirds – from 21,105 to 7,675.

Intensive production has made Canada a major global supplier of hogs, but we can't compete with other countries that have lower labour and feed costs. The result is that Canada's hog producers have been forced to sell below their cost of production for many years and small producers have retired, sold out or gone bankrupt. Only the biggest producers and some contract producers are left, surviving almost exclusively on government subsidy programs and bailout packages. Adding a GM pig to this economically and environmentally unsustainable model will only deepen the crisis.

Who's your daddy?

Enviropig™ is the child of researchers at the University of Guelph and is almost fully funded by the public purse, with one exception. The hog producers' association, Ontario Pork, is the single private investor and has funded research and development to the tune of at least $1.371 million. The money invested came directly from Ontario hog producers who pay a compulsory fee to the association on each hog marketed in Ontario. Ontario Pork holds an exclusive licence to distribute the pig to swine breeders and producers worldwide, but the association might want to rethink this plan in light of the global uproar over GM pork it is about to witness.

What might have looked like a progressive and technologically advanced position 10 years ago has been overtaken by other technological developments, namely an enzyme feed supplement that can cut phosphorous by around 30 percent.

Is Enviropig™ safe to eat?

Enviropig™, like all GM foods in Canada, will be assessed for human safety by Health Canada and classified as a "novel food." Health Canada, however, has not yet developed specific guidelines for evaluating the safety of GM animals for human consumption. Instead, Canada will rely on the United Nations Codex guidelines and refer to the US Food and Drug Administration. Health Canada does not conduct any of its own safety tests of GM foods, but relies on data submitted directly from the product developer, in this case the University of Guelph. The data is classified as "Confidential Business Information" and is not accessible to the public or to independent scientists. Of course, there is no mandatory labelling of GM foods in Canada or the US so approval of GM pork is likely to spark an unprecedented crisis of consumer confidence in the food system.

Enviropig on the loose?

We have already witnessed the bio-safety risk posed by Enviropig™. In 2002, a precedent for contamination of the food system by Enviropig™ was set when eleven GM piglets at the University were sent to a rendering plant and turned into animal feed instead of being destroyed as biological waste. The GM pigs were not approved for animal feed and they contaminated 675 tonnes of poultry feed that was sold to egg farmers, turkey farmers and broiler chicken producers in Ontario. As then vice president of research at the University of Guelph told the *Globe and Mail,* "Things you don't expect to happen can happen".

That incident was not the only time that experimental GM pigs have contaminated the food system in Canada. In 2004, experimental GM pharma-pigs from the Quebec company TGN Biotech were accidentally turned into chicken feed instead of being incinerated.

GM pork coming to a plate near you?

In February of this year, Environment Canada granted approval to the University of Guelph for the reproduction and exportation of Enviropig™. This is the first time that Environment Canada has been directly involved in the approval of a GMO and the department was given the responsibility because no regulations for GM animals exist in Canada. In cases where regulations do not exist, new products are assessed under the Canadian Environmental Protection Act. (All GM crops in Canada have been approved for environmental release by the Canadian Food Inspection Agency, which falls under Agriculture and Agri-Food Canada, under the "Plants with Novel Trait" guidelines.)

The University of Guelph is now waiting for Health Canada to approve Enviropig™ for human consumption. According to the University, it submitted an application on April 23, 2009. The application and the process for its evaluation are kept secret by the University and Health Canada so there's no way to know when the application could be approved, but it could be granted at any time. (The University also submitted an application to the Canadian Food Inspection Agency, which is probably a request to approve Enviropig™ for use in other livestock feed.)

It's possible that Enviropig™ could be approved in the US before Canada, as the University of Guelph submitted an application to the US Food and Drug Administration in 2007. Canadian university researchers-turned-entrepreneurs know to try US food safety assessment first, as a strategy to gain faster approval and then pressure Canada to follow. This is the case with the Canadian company AquaBounty, which has requested US approval for its fast-growing GM salmon. The company won't even bother to request approval in Canada until this happens. The GM fish is now competing with Enviropig™ to be the first GM food animal approved in the world.

Canada's hog producers rely on export sales more than any other country, exporting to more than 110 countries in 2009. But the predictable scenario is worldwide rejection of GM pork, causing harm to Canadian export sales and depressing prices.

The reality is that hog farming in Canada is already in deep economic crisis. For several years, farmers have been losing money on every hog they sell, surviving primarily on off-farm jobs and government subsidies. While managing phosphorus over-production is a cost for intensive operations, the GM pig will likely also come at a very high price. Patented GM technologies are notoriously expensive and control over them is wielded to bleed farmers of as much money as possible.

With so many large-scale industrial hog operations collapsing in Canada, a return to smaller, less concentrated hog production – combined with other policies that ensure independent farmers have access to markets, get a fair share of returns, and are not undercut by cheap imports from jurisdictions with weak environmental and labour laws – could also be the solution to the severe income crisis in the hog industry.

Enviropig™ was allowed to happen because there has never been a democratic debate in Canada about genetic engineering and there is no public overview of the direction of public research. Not only did Canadians pay for the research and development of Enviropig™, we are now paying for Health Canada to decide if it's safe enough for us to eat.

Lucy Sharratt is the coordinator of the Canadian Biotechnology Action Network. www.cban.ca

How it started

The Enviropig™ was developed using specific gene sequences from mouse and *e coli* DNA, which were further modified to work in a pig. In combination, the genetic code would trigger the production of a digestive enzyme (secreted into the saliva) not found in domesticated hogs.

The genetic material was inserted into a fertilized pig embryo via microinjection. In turn, the embryo was surgically implanted into the reproductive tract of a sow, and born about four months later. When mature, the genetically modified pig was crossed with a conventional pig, and about half of the offspring exhibited the new, stable, modified gene. The Enviropig is now in its eighth generation. – P. S. Bromley

Stop this little piggy

The Canadian Biotechnology Action Network has started a new campaign, "Stop Enviropig™." For more information and to take action, visit www.cban.ca/enviropig

1) Write to the Minister of Health today at **www.cban.ca/enviropigaction.**

2) Join the campaign at **www.cban.ca/enviropig**

3) Donate today to support the campaign. Your support is urgently needed. **www.cban.ca/donate**

Al-Jazeera in Canada

A win for media diversity and democracy

CULTURE

INDEPENDENT MEDIA Steve Anderson

A YEAR AGO, OpenMedia.ca, along with several other groups, rallied people from across Canada to contact the Canadian *Radio-television* and Telecommunications Commission (CRTC) in support of Al Jazeera English's (AJE) application to broadcast in Canada. Of the approximately 2,800 public comments submitted to the CRTC, all were in favour of AJE except 40 parties who filed comments in opposition to bringing the broadcaster to Canada. Last fall, Open Media advocates celebrated the approval of the AJE application. The CRTC directly cites the input it received to back up its decision, showing once again that citizen input can sway the regulator to do the right thing.

While Canadians looked forward to having access to a new, independent public broadcaster in Canada, many worried that AJE would be unable to convince cable and satellite companies to carry the station. For many, the wait is over, as AJE officially began broadcasting in Canada on Bell TV, Rogers and Vidéotron on May 4 of this year. The best offering is from Videotron, which gives customers a three-month free preview of AJE until August 4 and AJE is part of every package the company offers. Cable and satellite customers can learn more about how to order the new channel by visiting IWantAJE.net

AJE will open a Canadian bureau this month and two journalists have already been hired. As big media seem increasingly unable or unwilling to invest in hard news and investigative journalism, this development couldn't come at a better time. AJE offers a high standard of journalism and a diverse perspective that Canadians and the Canadian government need to hear.

Imagine the power of a partnership where these online indie news outlets help AJE reach Canadians online, while AJE helps get these organizations out to TV viewers across the country.

While adding a dose of diversity and quality information to Canada's concentrated media ecology is enough cause for celebration, how AJE pursues this market will make a big difference on its net effect. For example, if AJE pursues collaborations with Canada's independent media outlets, it could provide a powerful leg up for organizations like Rabble.ca, StraightGoods, TheMark and others.

Imagine the power of a partnership where these online indie news outlets help AJE reach Canadians online, while AJE helps get these organizations out to TV viewers across the country. This sort of cross promotion could provide a new critical mass of readers for online independent media. If AJE takes on this role, it really could reinvigorate Canada's media ecology.

This is a great win, but unless you're a Videotron customer you'll need to go out of your way to specifically order and pay extra for AJE. Rogers is only offering AJE *à la carte* in a test phase for $2.79/month (claiming it will consider packages once there is high customer demand); it is not included in any of its themed packages and it does not offer a free preview of the new channel. AJE is available at Bell TV *à la carte* for $3/month; it is also part of an international news package (though Bell is not advertising this inclusion) and there is no free preview. For us in the West, Shaw is not currently carrying it and Telus and AJE are still in negotiations.

Distributors (excluding Videotron) should take a number of actions, including those noted below, so Canadians can take advantage of this opportunity for improved quality and diversity of news coverage:

1) Offer customers a free preview of Al Jazeera English.

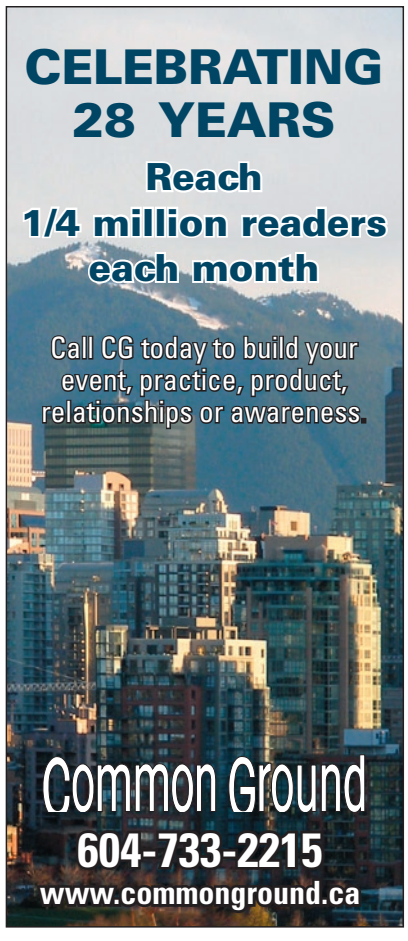
2) Offer Al Jazeera, not only *à la carte* or stand alone, but as part of themed packages such as news and learning packages, multicultural and other general and special packages.

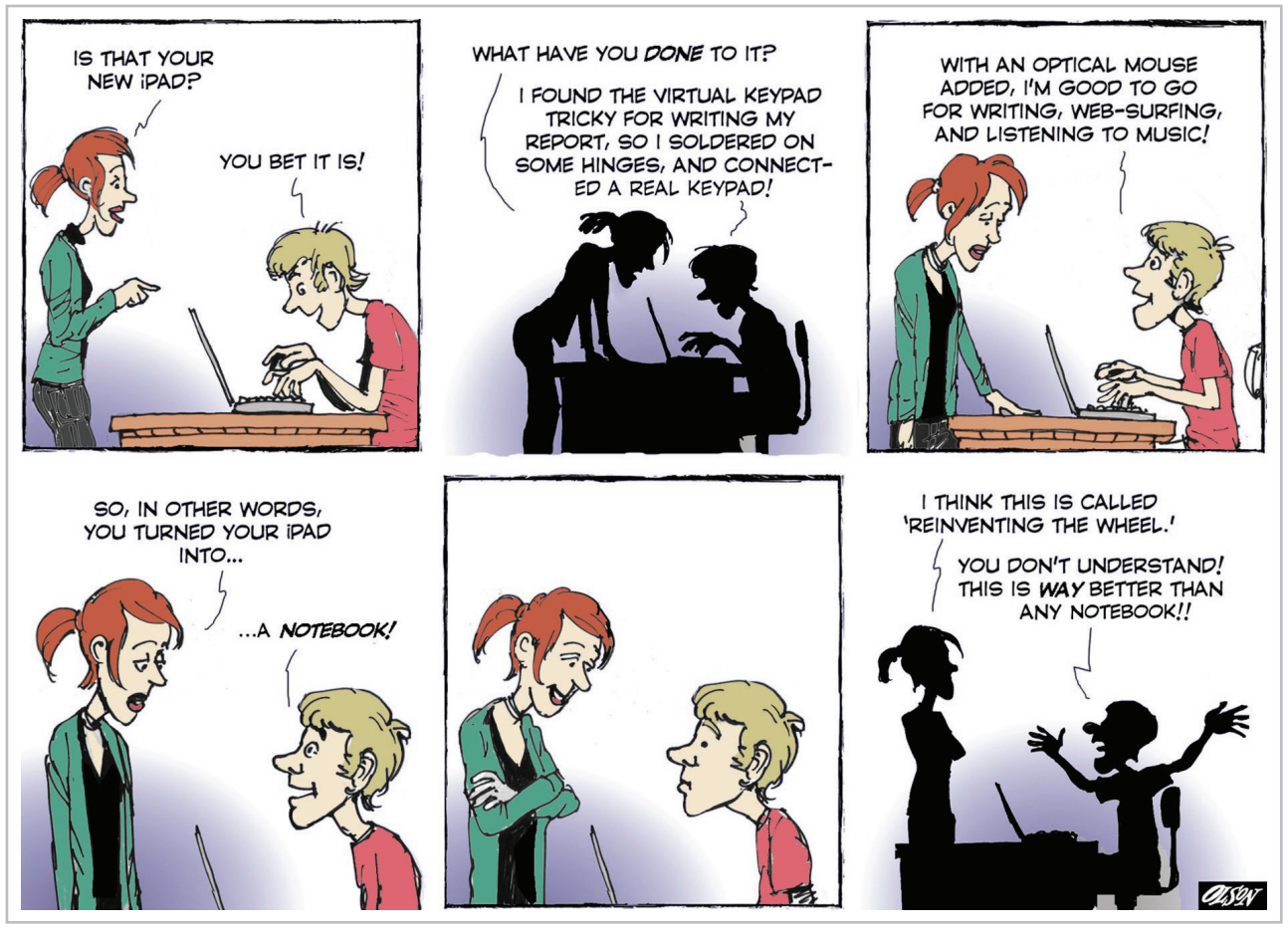
3) Advertise the existence of the new channel on their website and other marketing endeavours.

It does not make sense to force Canadian customers who already pay for a huge number of channels to pay for AJE in addition to any of these packages, especially packages for news and other relevant themes.

TV subscribers should demand access to AJE from cable and Satellite companies. To find out how, visit http://openmedia.ca/aljazeera

Steve Anderson is the national coordinator for OpenMedia.ca He has written for The Tyee, Toronto Star, Epoch Times *and* Adbusters. *steve@openmedia.ca, www.FacebookSteve.com, www.SteveOnTwitter.com*




IS THAT YOUR NEW iPAD?
YOU BET IT IS!
WHAT HAVE YOU DONE TO IT?
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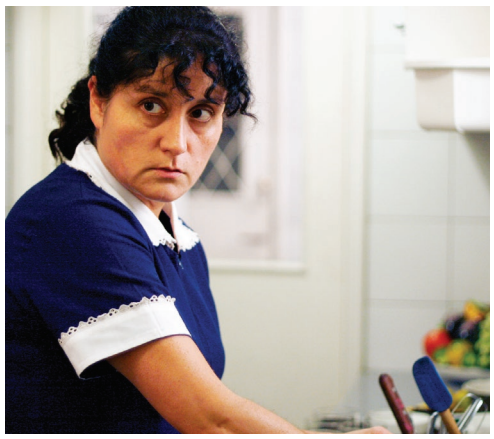
WITH AN OPTICAL MOUSE ADDED, I'M GOOD TO GO FOR WRITING, WEB-SURFING, AND LISTENING TO MUSIC!
SO, IN OTHER WORDS, YOU TURNED YOUR iPAD INTO...
...A NOTEBOOK!
I THINK THIS IS CALLED 'REINVENTING THE WHEEL.'
YOU DON'T UNDERSTAND! THIS IS WAY BETTER THAN ANY NOTEBOOK!!

Birth and rebirth

FILMS WORTH WATCHING Robert Alstead



Catalina Saavedra plays a long suffering servant in the gently uplifting *The Maid.*

THE MAID (La Nana), which just opened, is one of those films you could watch as straight drama or as a film that could have you in stitches. The tone is ambiguous, adding a certain mysterious quality to the film, although it takes some time to see where it is going.

Virtually the entire film is spent with Raquel (Catalina Saavedra), a surly, live-in housemaid who tends a large, upper-middle class family in Santiago, Chile. We meet Raquel in the opening frame, having a birthday meal, alone, at the kitchen table. While her blank, unsmiling expression reflects a physical and emotional exhaustion from a workload that involves everything from waking and putting the children to bed, to washing and cleaning, to serving at the dinner table, the dullness behind her eyes comes from more than just being overworked.

This becomes apparent when Mrs. Valdez, out of concern for Raquel's health, tries to hire a second maid to help her long-suffering servant; Raquel suffers from dizzy spells and painful headaches and yet has an almost sociopathic resistance to help. Ignoring her maid's stubborn ways, Mrs. Valdez proceeds to hire the second maid. The subsequent tension within the house creates some strange and amusing interactions involving, among other things, a kitten, locked doors and a model of a tall ship (the elusive Mr. Valdez is a serious model hobbyist).

Considering the amount of time we spend with Raquel, we don't learn a great deal about her, at least not initially. It's as if 20 years of washing and scrubbing have erased her history. Even when out shopping on her day off, she moves in a kind of automatic way. She lives for her work.

Small things take on major significance. Raquel is inflexible, territorial and incommunicative. In short, a royal pain in the butt. Yet she's clearly dedicated to the Valdezes and they respond by treating her like family. Even Raquel's strange antagonistic relationship with the teenage daughter seems to stem from a kind of twisted familial rivalry.

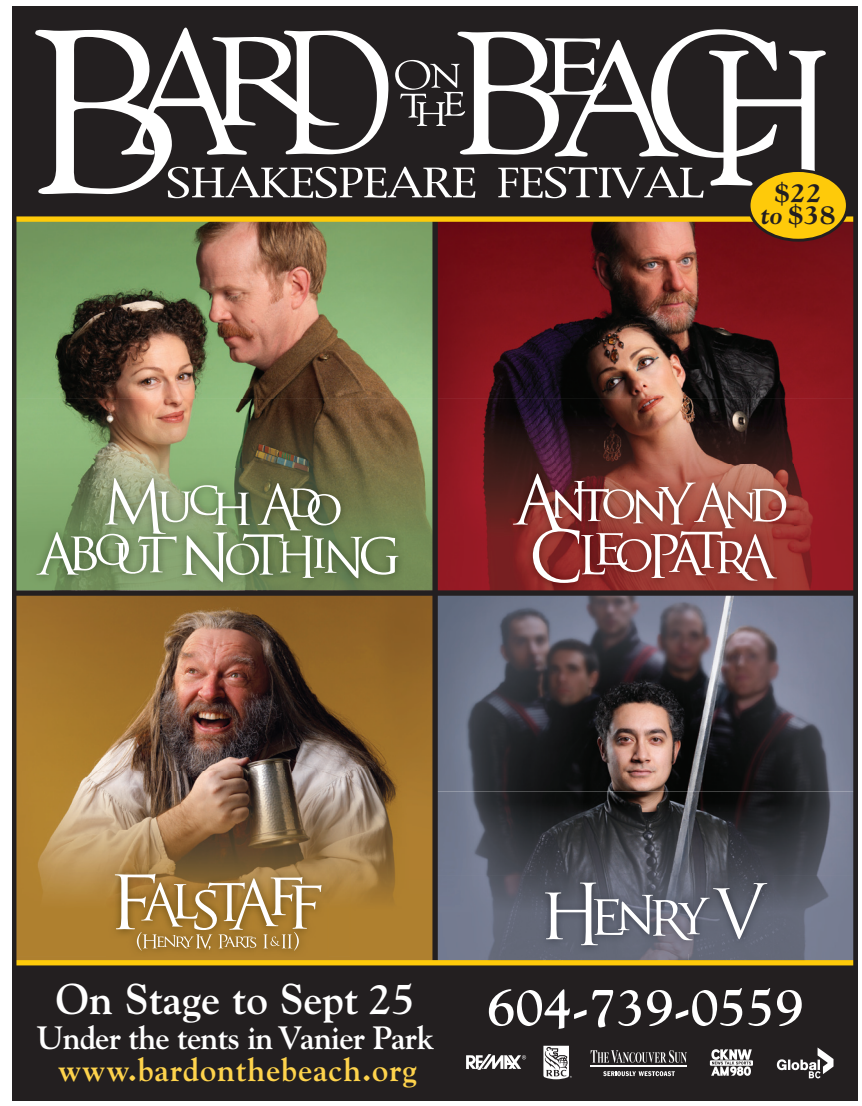
Sebastián Silva dedicated his character study to two maids employed by his family while he was growing up. Through handheld camerawork and flawlessly naturalistic performances from his cast, he creates a fly-on-the-wall intimacy with, and an obvious fondness for, his subject. He captures the humour in Raquel's obsessive behaviour, while leaving enough scope for Raquel to open up later and quietly transform after an unexpected turn of events.

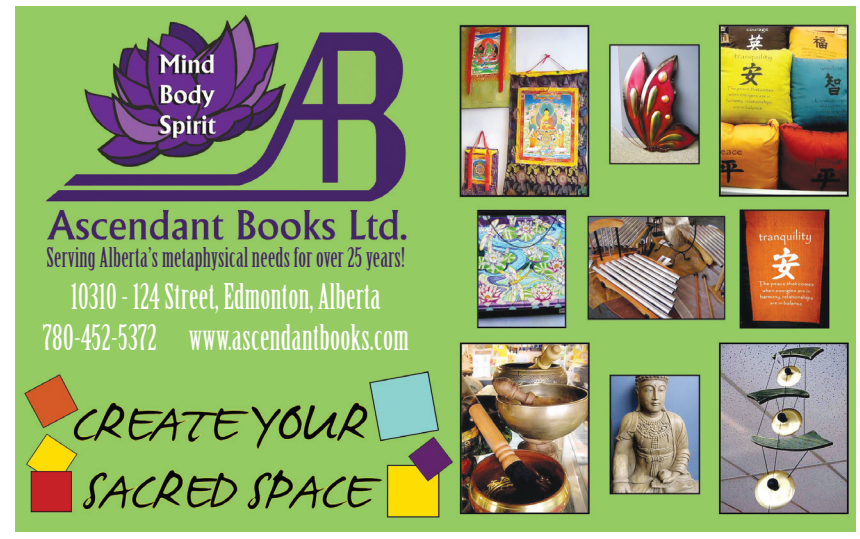
The tone is interesting. There's a sense of everything being quite ordinary yet slightly off-kilter and one has the feeling that the action could detour at any moment into something more extreme. Instead, Silva merely teases with elements of genre filmmaking. What remains is a restrained, humorous, and, latterly, a gently uplifting piece about a working class woman's renaissance.

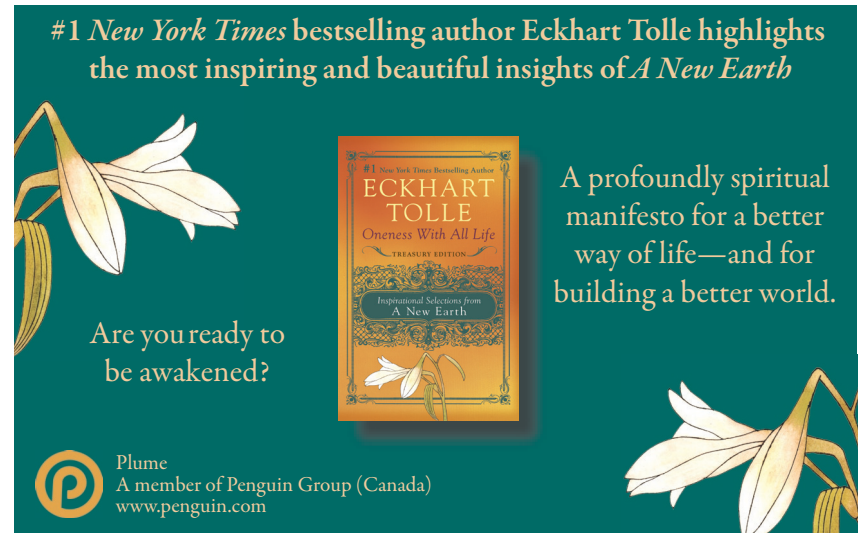
The theme of birth and motherhood is tackled in Rodrigo Garcia's drama *Mother and Child* (4th), a drama that weaves together the experiences of three separate women. The film has been heaped with praise for navigating the clichés that come with such territory and for wringing great performances from Annette Bening, Naomi Watts and Kerry Washington: Bening as a middle-aged woman who still obsesses about the baby daughter she gave up for adoption 37 years ago; Watts as the abandoned daughter, now a hardened, ambitious lawyer; and Kerry Washington as Lucy, a woman desperate to have a child, even if it means adopting.

Finally, Oliver Stone proves once again to be a lightning rod for controversy with his latest project *South of the Border*. Out on the 25th, the documentary began as a profile of Venezuelan president and champion of popular socialism Hugo Chavez and ended up as a glowing portrait of South American leadership and a critique of US mainstream media.

Robert Alstead made the Vancouver documentary You Never Bike Alone. *www.youneverbikealone.com. He writes at www.2020Vancouver.com*



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JUN 10
Mark Fenster and special guests perform spiritual, meditative music from the new CD, Cantoria. 7:30pm, VECC. Tickets and info: www.autumnstudios.ca

JUN 11-13
Introduction to Foot Reflexology commences Certificate Weekend Training Course. Introduction 7.30pm $10; Course $325. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

JUN 12
Shamanic Drumming & Dreaming Circle: Sat. June12, 7-10pm. 'Dreamtime Journeywork' for insight/healing with your Nature Spirit guardians. Vancouver Multi-Cultural Society, 1254, W. 7th. By donation. Earthsong Healing Circles. 604.418.9636. www.shamanichealing.info

JUN 15
A Practical Christian Activity New - For A New Day (Intro. 7:30pm Tues. June 15th), Collingwood Neighbourhood House, 5288 Joyce St. Vancouver.

JUN 19
Vancouver New West The Spirit of Aloha! Workshop, Saturday, June 19. David: 250-433-2151. www.hawaiianhuna.com

JUN 19
Wolfsong Chanting Circle – Summer Solstice Celebration. Sat. June 19, 7-10pm. Participate singing sacred healing chants from the Spirit of the Land. At Vancouver Multi-Cultural Society, 1254 W. 7th. By donation. Earthsong Healing Circles. 604.418.9636. www.shamanichealing.info

Bill Vander Zalm's
HST Freedom 50
Volunteer Canvasser Drive

The petition drive concludes July 5.

We need to collect the signatures of 10% of registered voters in every Constituency.

Please volunteer to canvass at: fightHST.com
Donations can be made on-line, or send cheques by mail.

Authorized by Bill Vander Zalm, Financial Agent
c/o Fight HST, 370 East Broadway
P.O. Box 95023, Vancouver, BC V5T 4T8

FOR MORE INFORMATION CONTACT: info@fightHST.com

"Working together we can defeat the HST and take back our democracy."
– former BC Premier, Bill Vander Zalm

JUN 20
Reiki Clinic with Tania Bakas, Reiki Master & author of Reiki Vibes. By donation, 1-4pm, Chakra Lounge, 1502 Marine Drive, West Vancouver. RSVP 604-922-8325. www.dreamdesigns.ca

JUN 24
Law of Attraction With Michael Losier. Empower yourself to attract abundance. Sutton Place Hotel, 845 Burrard, 7pm, Tix $30. To Register: www.ConsciousLivingRadio.Org

JUN 25-27
Advanced Reflexology: Professional Skills Certificate Course. A 60-hour certificate course, home study and practicum that prepares you to competently practice reflexology professionally. Pre-requisite: Basic Reflexology Course. $350. (604) 875-8818. www.pacificreflexology.com

JUN 26
Meditation for Planetary Peace on the Full Moon, Saturday June 26th at 7:30 PM. 2950 Laurel St, Vancouver. www.pranichealing.ca/vancouver.htm

JUN 29
Free Shamanic Power Animal Drum Journey. Discover your animal archetype. Hosted by the Institute of Shamanic Medicine. 7:30pm, Vancouver. Reserve early; space is limited. RSVP: 1-877-329-8668 or info@shamanicmedicine.ca www.shamanicmedicine.ca

JUN 29
Spiritual Teachings of the Avatar: Meet the author Jeffrey Armstrong. Unity Church, 5840 Oak St., 7-9:30pm. Tix $35 at Banyen or call 604-275-6567. Hardcover book with every ticket. www.jeffreyarmstrong.com

JUL 18
Past Life Exploration: Free Talk-1 PM. Workshop-2 PM. Experience a journey into YOUR PAST to understand /heal your PRESENT. West Vancouver, $75. Information/Registration: www.lifebetweenlives.ca/Events

JUL 29 – AUG 2
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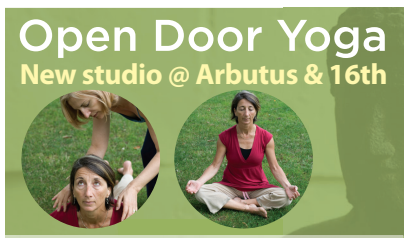

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www.pranichealing.ca/vancouver.htm

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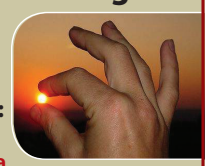

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OCT 29-31
The Whole Health Conference, Victoria, BC. Open to all health care professionals. Info: 1-888-711-7701, www.nhpcanada.org

SUNDAYS

Centre for Spiritual Living: Join us every Sunday @ 11 AM for spiritual teachings and great music at #08 1880 Triumph Street (at Victoria Drive), Vancouver. Info: 604-321-1225, www.cslvancouver.com

Dynamics of the Chakras. Begins June 6, 11am. Journey Through the Seven Chakra Energy Centres. At the Spiritual Centre for Dynamic Living, Masonic Centre, 1495 West 8th Avenue. 778-388-5362, www.dynamiccentre.com

SOS (Science of Spirituality): See Resource Directory listing in Spiritual Practices for schedule in Richmond, Vancouver & Victoria. 604-277-1247. All Welcome. www.sos.org

TUESDAYS

Reflexology Student Clinic 6–10pm. One-hour sessions $20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

FRIDAYS

Give Peace a Chant! Energize yourself with yoga of KIRTAN, Sanskrit call & response yoga chanting, Vedic mantra meditation and Patanjali's Yoga Sutras. Friendly community setting. No experience necessary. New schedule: EVERY FRIDAY @ 7:45pm, $10-$20 donation, 2111 W. 16th Ave @ Arbutus, www.givepeaceachant.org

"Destiny Dialogues" Free Talks First Friday of each month, experiential evening that explores the inter-connections between destiny and suffering, relationships, vocations, joy, teachers, character, nature, family, dreams. 7-9pm. 604-317-1613.

ONGOING

Bard on the Beach to September 25. Under the tents in Vanier Park. Info: www.bardonthebeach.org, 604-739-0559.

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LIFESTYLE VISION QUEST (Okanagan). 3-Day Silent Retreat (mid-month ongoing). Rejuvenate, Cleanse, Restore in our Natural Powerful Healing Vortex. www.lifestylevisionquest.weebly.com 250.276.0787.

SPA FOR THE SOUL! Queenswood Retreat Centre, Victoria. Individual or group retreats. Counseling, spirituality library, trails, bodywork, pool. www.queenswoodcentre.com, 250-477-3822.

SWANWICK CENTRE, Victoria. A beautiful space for spiritual inquiry and self-discovery, transformative and inspiring teachings, retreats and dialogues. www.swanwickcentre.ca / 250-744-3354.

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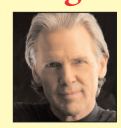

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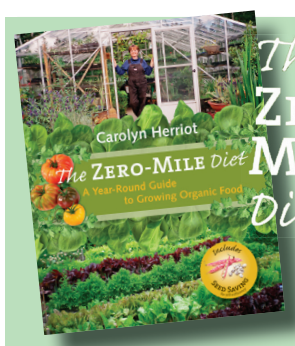

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*…**Haiti** from p. 27*

harmed this fragile economy. There was chaos and the US and France and Canada flew in, kidnapped Aristide – they said they rescued him, they actually kidnapped him – they flew him off to Central Africa, his party Fanmi Lavalas is banned, which probably accounts for the very low turnout in the recent elections, and the United States has been trying to keep Aristide not only from Haiti, but from the entire hemisphere."

Whatever Artistide's merits were as a leader, the party that elected him into power, Fanmi Lavalas, is now barred from participating in general elections. That's a fact worth remembering whenever foreign dignitaries and diplomats trot out their boilerplate pieties about advancing democracy in Haiti.

Chomsky adds there has been a very explicit program by US AID and the World Bank to destroy Haitian agriculture and speed the flight of rural villagers to the urban centre, where sweatshops absorb the influx of desperate labourers. "They gave an argument that Haiti shouldn't have an agricultural system, it should have assembly plants; women working to stitch baseballs in miserable conditions. Well, that was another blow to Haitian agriculture, but nevertheless even under Reagan, Haiti was producing most of its own rice when Clinton came along."

In the Clinton years, things got even worse for Haitians. During the '92 US presidential election campaign, the former governor of Arkansas promised to help the country and allow fleeing Haitians to take refuge in the United States. Yet after the election, Slick Willy began to interdict refugee ships and return the scared and starving passengers back to their homeland.

The latest occupant in the Oval Office has given no sign that hope and change are long-term goals for Haiti, certainly not after he appointed Bill Clinton to oversee US relief efforts in Haiti, along with George W. Bush, who presided over the federal non-response to homeless blacks after Hurricane Katrina.

In the past, gunboat diplomacy has kept Haitian experiments in self-autonomy in check. Today, barbarians with briefcases accomplish this goal through firm handshakes and spring-loaded agreements. The infamously punitive neoliberal reforms of the so-called "Washington Consensus" force the country to lower its protective tariffs, eliminate social services and incur even greater debt through bank loans. The lower tariffs allow Haiti's food markets to be swamped by staples from heavily subsidized US agribusiness and the increased austerity means even greater privation for the population, more than half of which struggles along on less a dollar a day.

The IMF and World Bank cancelled $1.2 billion of Haiti's debt last year, and in January, the World Bank waived Haiti's $38 million debt payment for five years, while offering a $100 million loan, interest free until the end of 2011. As it rebuilds from the earthquake, Haiti will still be a debtor nation. The IMF and World Bank – 'Thing One and Thing Two' in this tale of Fat-Cat-in-a-Hat capitalism – are not about to give up on Haiti.

And now, months after the earthquake, things are returning to the Haitian level of normalcy, which means the usual political instability. In mid-April, *The Observer* reported that angry Haitians are arming themselves against the government, after watching most of the quake relief benefit the wealthy elite. Certain politically unpalatable areas that needed relief the most, like Cité Soleil, were studiously avoided by most NGOs in the critical days after the quake, claims David Putt.

Along with the US and France, Canada has played a significant role in political interference in Haiti, including the nabbing of Aristide. Recovering from what he experienced during his post-quake relief adventures, Putt says he's having difficulty managing his anger – that is, anger at Canada's political culture of wilful blindness, where few of us venture outside our safety zones, whether mental or geographic. He notes the irony that, after the volcanic eruption in Iceland, local newscasters broadcast scene after scene of air travellers stranded at airports, some sleeping with heads on their luggage, as if something terrible had happened to holidaying Canadians. Yet far below the contrails painted across blue Pacific skies by charter flights, some of the descendents of history's only successful slave revolt are literally reduced to eating dirt.

"I was surprised by how proud people in Haiti are," says Putt. "There is a real pride in their history, in knowing that they had a successful revolution, and there's a pride in having resisted ever since. Everybody had a go at them, the Germans, Spaniards, French, British and Americans."

In spite of their suffering – or perhaps because of it – some Haitian street artists are still capable of producing the kind of artwork that would find pride of place in most year-end art-college shows. Looking at the charming symmetry and sly humour of Putt's collection of Haitian masks, I think of a line from the 13th century Persian poet, Rumi: "Gold becomes more and more beautiful from the blows the jeweler inflicts on it."

"I was astounded at what a rich culture it is," Putt says with a mix of admiration and sadness, gazing at the masks on the wall. "Its absolutely unique. There is vitality to the culture. In parts of Latin America, especially the poorer people, there is a beaten down feel about the society. Whereas Haitians, against all reason, seem to hang on to hope."

www.geoffolson.com

On Track Zodiac

JUNE 2010 Adrien Dilon

ARIES (Mar 21 – Apr 19)
You may have to put others' needs in front of your own for a short while. Serving the greater good has the edge on all matters where your pocketbook and emotional energy are concerned. Best to do what makes you feel sensational in offering service to others.

TAURUS (Apr 20 – May 21)
Branch out, expand, create and find practical solutions to business matters. You have much influence now to rally the troops and be the emissary for prosperity. Let others know where you stand and your delivery will command respect.

GEMINI (May 22 – Jun 20)
You might feel as though a weight was been lifted from your shoulders. You can handle responsibility like never before, giving you the ability to see clearly and react spontaneously. Much creativity flows.

CANCER (Jun 21 – Jul 22)
Try not to throw in the towel just yet; the prospects you seek will improve in the weeks to come. The decision to end a friendship or liaison has not come about with any clarity, as you still feel a need to extract the wisdom from this situation.

LEO (Jul 23 – Aug 22)
Best to keep a light and breezy mood and frame of mind. Try to adopt a plan to stay away from morbid thoughts and attitudes. The softer your mind sits in contemplation, the better. Even seeing the ridiculous and humorous in all things will remedy any opposition.

VIRGO (Aug 23 – Sep 22)
Resplendent are the joys of picnics, sailing, taking it easy and seeking peace while still finding adventure. Fulfill your need for beauty with every event, as you are no doubt filled with, and revelling in, your colourful life.

LIBRA (Sep 23 – Oct 22)
As Hannah Senesh implies with the words "Blessed is the match," all interpretations are open to the things we find remarkable in life. So very simple, yet profound. Life is intense now and also sacred. You could be feeling humbled and in awe of the power of things.

SCORPIO (Oct 23 – Nov 21)
Go with the flow and remain as flexible as you possibly can with the challenges coming your way. You may find people are not in agreement and you might almost feel as though you are being targeted. This is more about how the negative side of any coin has greatness on the other side. It just depends on how you flip the perception.

SAGITTARIUS (Nov 22 - Dec 21)
You might be watchful of how your mind is playing tricks with reality along with any negative thoughts that may be consistently running. Don't allow such things to cause you further anguish; discover how to release yourself from judgement and blame. You could feel vindicated.

CAPRICORN (Dec 22 - Jan 19)
You may feel like you are butting your horns against a wall and want to give up. It is better to think things through than to change horses in the middle of a stream. Gather wisdom and learn from past mistakes; stay the course.

AQUARIUS (Jan 20 – Feb 19)
Life experiences seem to be broadening for you. Spirituality has more profound meaning and knowledge through in-depth analysis brings you more self-acceptance. Perhaps the balance you seek through counsel will bring about self-evolvement.

PISCES (Feb 20 – Mar 20)
A little while back you had a surprising judgement laid upon your table. Those you trusted may have pulled the rug out from under your feet. As time is the healer, you have licked your wounds and promised never to judge yourself through others' projections and misunderstandings.

Adrien Dilon is a clairvoyant consultant and author with 35 years experience in astrology, multi-media art and healing, adrien.dilon@gmail.com.

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Info Session: June 17

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